



JACKSON COUNTY FARM BUREAU WOMEN

Jackson County, Michigan

Letter

Letter



FARM BUREAU
INSURANCE
GROUP™

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GROUP COVERAGES

Office Located at

1341 PARNALL ROAD / JACKSON, MICHIGAN

PHONE 784-0917

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We want to express our appreciation to all the merchants whose fine spirit of cooperation made it possible for us to publish this book.

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MESSAGE FROM THE PUBLISHER

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GATEWAY PUBLISHING COMPANY LTD.
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LITHO IN CANADA

Take time for 10 things

- 1 **Take time to Work—**
it is the price of success.
- 2 **Take time to Think—**
it is the source of power.
- 3 **Take time to Play—**
it is the secret of youth.
- 4 **Take time to Read—**
it is the foundation of knowledge.
- 5 **Take time to Worship—**
it is the highway of reverence and washes
the dust of earth from our eyes.
- 6 **Take time to Help and Enjoy Friends—**
it is the source of happiness.
- 7 **Take time to Love—**
it is the one sacrament of life.
- 8 **Take time to Dream—**
it hitches the soul to the stars.
- 9 **Take time to Laugh—**
it is the singing that helps with life's loads.
- 10 **Take time to Plan—**
it is the secret of being able to have time
to take time for the first nine things.

Farm Bureau Members Believe...

- ... in the American competitive enterprise system.
- ... that man's search for progress should be encouraged by maintenance of opportunity, not hindered by illusions of security.
- ... that a person should be rewarded in accordance with his productive contribution to society.
- ... that every man is entitled to own property, earn money honestly, save, invest and spend as he chooses.
- ... that property rights cannot be taken away without infringing on rights guaranteed by the constitution.
- ... that the constitution is the basic law of the land, and that its interpretation should be in accordance with the intent of its authors.
- ... that government should operate impartially in the interest of all.
- ... that government's regulatory functions should be based on law.
- ... that government should provide only minimum controls and aids.
- ... that government should stimulate, not discourage, individual initiative.
- ... that propagandizing by government is dangerous to the maintenance of self-government.
- ... that monopoly, whether by government, industry, labor or agriculture, is dangerous.
- ... that voluntary cooperation is a part of the American system.
- ... that all candidates for public office should state their beliefs with respect to communism, socialism and capitalism.



All these undergirded by our Religious Faith

Based on the resolutions adopted at the 35th Annual Meeting of the American Farm Bureau Federation, December 1953.

THE JACKSON COUNTY FARM BUREAU WOMEN

The Jackson County Farm Bureau Women was organized in 1945. We are a committee of the Jackson County Farm Bureau, directly responsible to the Board of Directors. The Chairman of the Women serves on the Board of Directors as a voting member.

The Farm Bureau Women's program is a strong feature of the Farm Bureau total program. Women's activities have concentrated in the direction of civic affairs and social needs of the community, county and state.

Each year the Women sponsor a student to attend the Citizenship Seminar, sponsored by Michigan Farm Bureau. They also have a "Ruth M. Day Nurses Scholarship". Each year a \$100.00 scholarship is given to some deserving girl (a resident of Jackson County) who is entering nurses training, and each year she is given \$100.00 towards her expenses as long as she remains in nurses training until she graduates. We are very proud of the girls who have graduated with our small help. They have entered into all different phases of nursing, even Missionary nursing.

The women also have contributed both time and money to the construction of our County Office located at 1341 Parnall Road, where most of our monthly meetings are held on the 2nd Tuesday of each month. We extend a welcome to all Farm Bureau Women to come and join us.

- Jackson, Mich.

-- EXTRA RECIPES --

- Jackson, Mich.

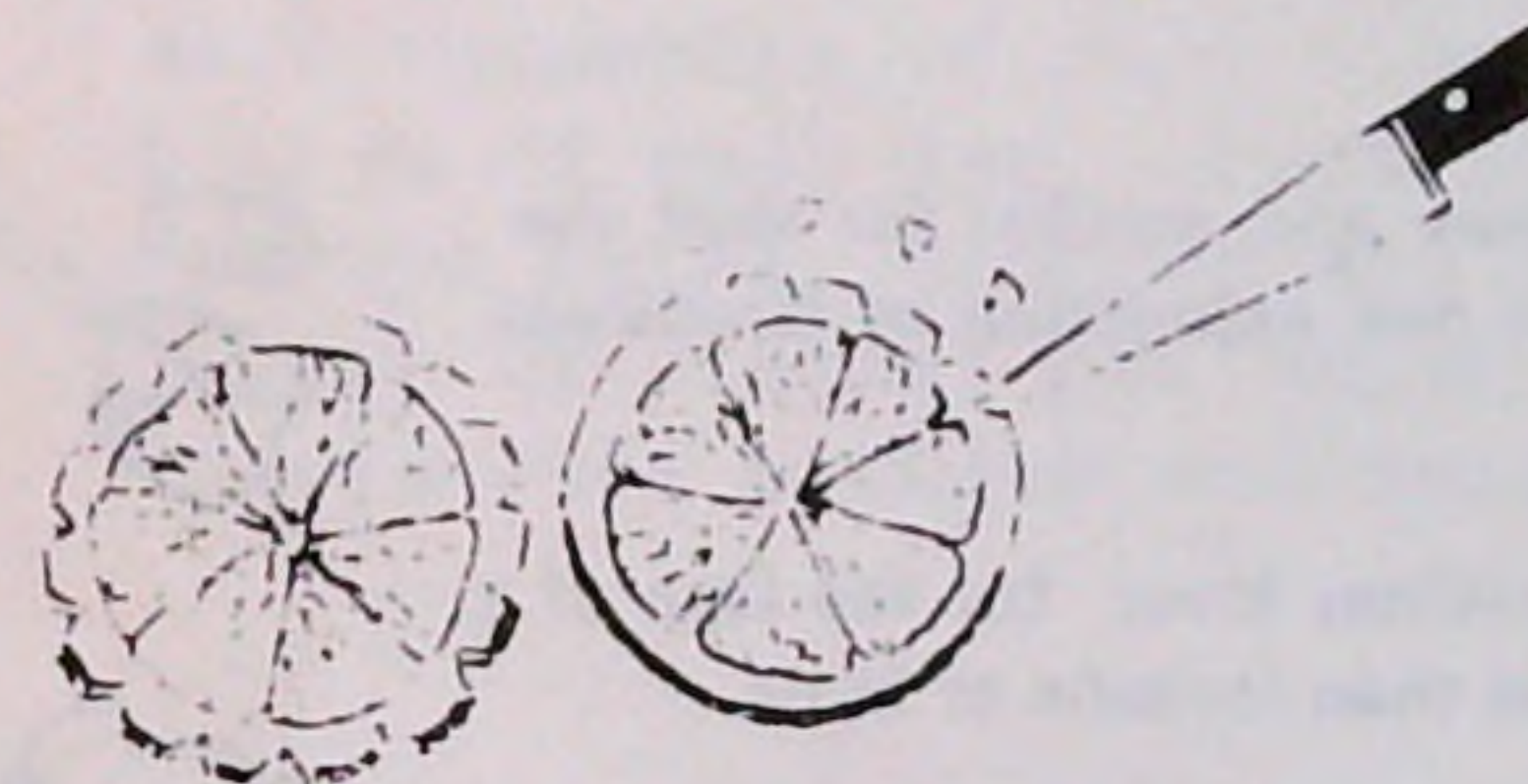


Hors d'oeuvres,



Pickles

& Relishes





BEATITUDES FOR THE HOUSEWIVES



Blessed is she whose daily tasks are a labor of love; for her willing hands and happy heart translate duty into privilege, and her labor becomes a service to God.



Blessed is she who opens the door to welcome both stranger and friends; for gracious hospitality is a test of brotherly love.



Blessed is she who mends stockings and toys and broken hearts; for her understanding is a balm to humanity.



Blessed is she who scours and scrubs; for well she knows that cleanliness is one expression of Godliness.



Blessed is she whom children love; for the love of a child is more to be valued than fortune or fame.



Blessed is she who sings while she works; for music lightens the heaviest load and brightens the dullest chore.



Blessed is she who dusts away doubt and fear and sweeps out the cobwebs of confusions; for her faith will triumph over all adversity.



Blessed is she who serves laughter and smiles with every meal; for her buoyancy of spirit is an aid to mental and physical digestion.

Blessed is she who preserves the sanctity for the Christian home; for hers is a sacred trust that crowns her with dignity.



HORS D'OEUVRES, PICKLES

& RELISHES

DILL PICKLES (KOSHER)

- 2 quarts water
- 1 quart vinegar
- 1 scant c. salt
- 2 cloves garlic and fresh dill into the bottom of each 1 quart jar
- 1 slice or more onion and small lump (corn size) alum on top of pickles

Wash cucumbers of dill size. Put garlic and dill into bottom of each jar. Pack cucumbers lengthwise in jars. Measure water, vinegar and salt. Boil about 5 minutes. On top of pickles put onion and alum. Pour the hot liquid over pickles and seal.

Mrs. Donald Culbert

SWEET PICKLES

- 75 large cucumbers
- 5 c. vinegar
- 1 oz. stick cinnamon
- 1 oz. celery seed
- 6 c. sugar

Soak cucumbers for 1 week, using 1 pint of salt in water to cover pickles. Drain 8th day and cover with boiling water. 9th day - drain and cover again with boiling water, adding a tbsp. of alum. 10th day - drain again and cover with boiling water. 11th day, drain, cut any way prick little ones. Heat vinegar, sugar and spices and boil and pour over pickles. 12th day - drain off mixture, heat & add 1 c. sugar. Repeat process 13th day and can.

Dorothy Robeson

1 - Jackson, Mich.

GREEN RELISH

Grind using coarse blade of grinder -

- 4 c. onions
- 4 c. cabbage (1 medium head)
- 4 c. green tomatoes (10 tomatoes)
- 12 green peppers
- 6 sweet red pepper

Sprinkle with $\frac{1}{2}$ c. canning salt. Let stand overnight. Rinse and drain. Combine:

- | | |
|----------------------|------------------------------|
| 6 c. sugar | $1\frac{1}{2}$ tsp. turmeric |
| 1 tbsp. celery seed | 4 c. cider vinegar |
| 2 tbsp. mustard seed | 2 c. water |

Pour over vegetable mixture, bring to boil; simmer 3 minutes. Seal in hot sterilized jars. Makes 8 pints.

Lina Pardee

CUCUMBER CINNAMON RINGS

- | | |
|---------------------------------|-----------------------------|
| 2 gallons large green cucumbers | 12 c. sugar |
| 2 c. pickling salt | 4 sticks cinnamon |
| 7 c. vinegar | $8\frac{1}{2}$ quarts water |
| 1 tsp. green food color | 1 tbsp. powdered alum |

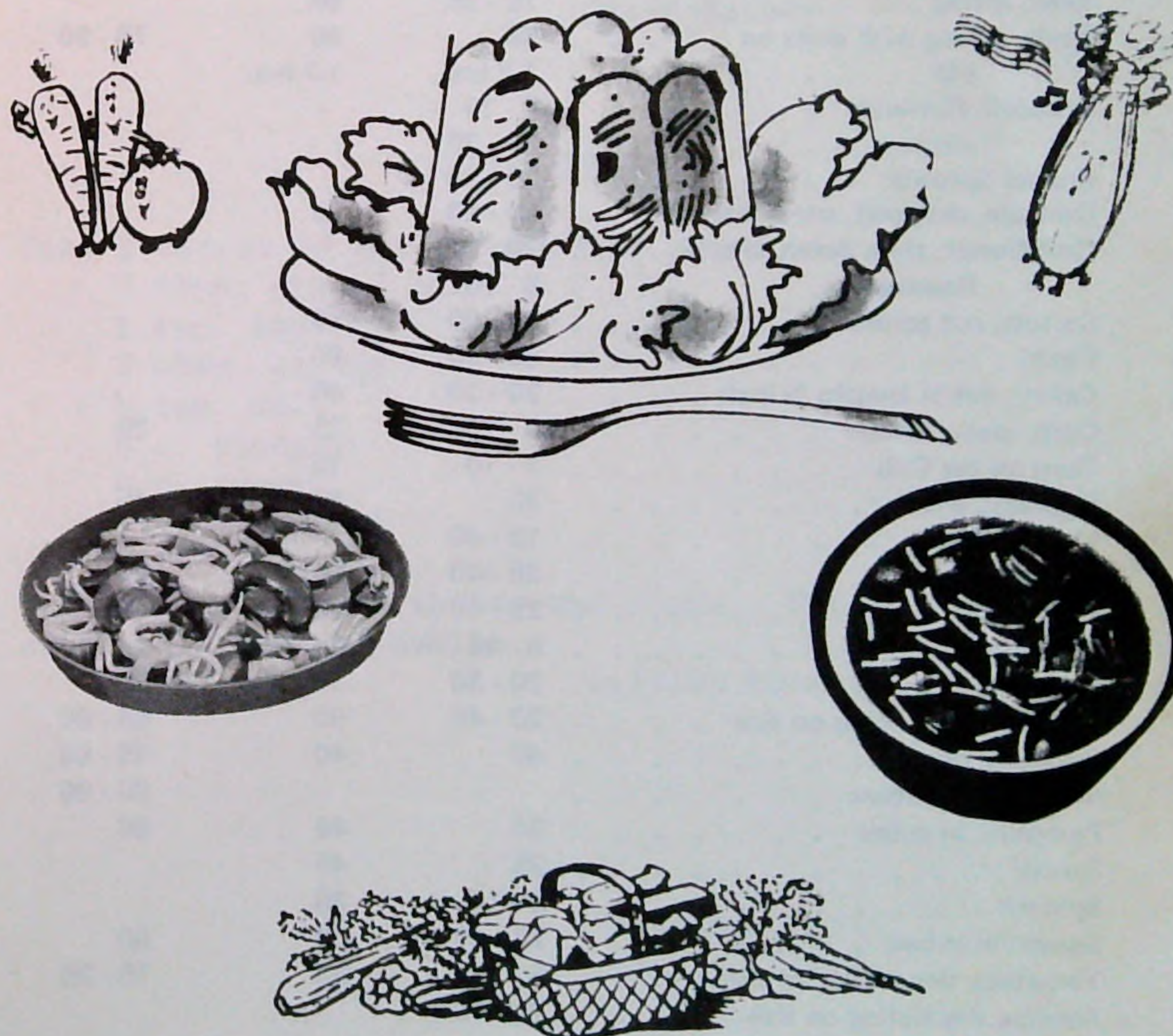
Cut unpeeled cucumbers in thirds crosswise; remove seeds. Slice in $\frac{1}{2}$ inch rings (should be 2 gallons). Add salt and 8 quarts water. Let stand 5 days. Drain.

Combine 1 c. vinegar, alum and food color in kettle. Add cucumber rings and water to cover. Simmer 2 hours. Drain. Make syrup by bringing to boil 6 c. vinegar, 2 c. water, sugar and cinnamon. Pour over rings; let stand overnight. Drain; reheat syrup and pour over rings. Repeat for 3 days, on the 3rd day pack ring in hot, sterilized jars. Pour boiling syrup. Makes 9 pints.

Iva Musbach

2 - Jackson, Mich.

Salads, Vegetables & Soup



SAUCES

| WHITE SAUCE | LIQUID | THICKENING | FAT | SEASONING (Salt) |
|--------------|-----------|---------------|----------|------------------|
| No. 1 thin | 1 c. milk | 1 Tbsp. flour | 1 Tbsp. | ½ tsp. |
| No. 2 medium | 1 c. milk | 2 Tbsp. flour | 1½ Tbsp. | ½ tsp. |
| No. 3 | 1 c. milk | 3 Tbsp. flour | 2 Tbsp. | 1 tsp. |
| No. 4 thick | 1 c. milk | 4 Tbsp. flour | 2½ Tbsp. | 1 tsp. |

Use No. 1 sauce for cream soups.

Use No. 2 sauce for creamed or scalloped dishes or gravy.

Use No. 3 sauce for souffles.

Use No. 4 sauce for croquettes.

VEGETABLE TIME TABLE

| VEGETABLE | (Minutes) | BOILED | STEAMED | BAKED |
|---|-----------|----------|----------|---------|
| Asparagus Tips | | 10 - 15 | | |
| Asparagus, tied in bundles | | 20 - 30 | | |
| Artichokes, French | | 40 | 45 - 60 | |
| Bean, Lima, depending on age | | 20 - 40 | 60 | |
| Bean, String | | 15 - 35 | 60 | |
| Beets, young with skins on | | 30 | 60 | 70 - 90 |
| old | | 1-2 hrs. | 1-2 hrs. | |
| Broccoli, flowerets | | 5 - 10 | | |
| stems | | 20 - 30 | | |
| Brussel Sprouts | | 20 - 30 | | |
| Cabbage, chopped, cut sectional | | 10 - 20 | 25 | |
| Cauliflower, stem down, whole | | 20 - 30 | | |
| flowerets | | 8 - 10 | | |
| Carrots, cut across | | 20 - 30 | 40 | |
| Chard | | 60 - 90 | 90 | |
| Celery, cut in lengths ½ inch | | 20 - 30 | 45 | |
| Corn, green, tender | | 5 - 10 | 15 | 20 |
| Corn on the Cob | | 8 - 10 | 15 | |
| Eggplant, whole | | 30 | 40 | 45 |
| Marrow | | 15 - 40 | | |
| Onions | | 25 - 40 | 60 | 60 |
| Parsnips | | 25 - 40 | 60 | 60 - 75 |
| Peas, green | | 5 - 15 | 5 - 15 | |
| Peppers | | 20 - 30 | 30 | 30 |
| Potatoes, depending on size | | 20 - 40 | 60 | 45 - 60 |
| Potatoes, sweet | | 40 | 40 | 45 - 60 |
| Scalloped potatoes | | | | 60 - 90 |
| Pumpkin, in cubes | | 30 | 45 | 60 |
| Salsify | | 25 | 45 | |
| Spinach | | 8 - 10 | 20 | |
| Squash in cubes | | 20 - 40 | 50 | 60 |
| Tomatoes, depending on size | | 5 - 15 | 50 | 15 - 20 |
| Turnips, depending on size | | 25 - 40 | | |

SALADS, VEGETABLES & SOUP

DIABETIC SALAD DRESSING

| | |
|--------------------|----------------------|
| 1 c. tomato juice | few grains of salt |
| ¼ c. vinegar | few grains of pepper |
| 1 tsp. diced onion | |

Place ingredients in a fruit jar, seal and shake well. Chill and allow to remain in refrigerator for 24 hours. Use as desired over lettuce or salads. In moderation this dressing contains negligible calories.

Essie Rainey

SALAD DRESSING

Take 2 cloves of garlic and dice fine
 2 tbsp. minced onion
 1 tsp. paprika
 2 tbsp. catsup
 ½ tsp. salt
 ½ c. vinegar
 ½ c. sugar
 1 c. salad oil

Put all ingredients in jar and shake. Put in refrigerator and let stand awhile.

Lillian Roberts

3 - Jackson, Mich.

ORANGE JELLO SALAD

- 1 large box orange Jello ½ c. nuts
1 can or 1-2/3 c. crushed pineapple 6 oz. cream cheese, let
soften and whip
1 c. whipping cream

Dissolve Jello in 1 c. boiling water; put a few tablespoons of hot Jello over cream cheese to soften. Add pineapple to Jello the juice and enough cold water to make 2 cups. Add when set up partly; whip cheese, then add nuts, then 1 c. cream, whipped.

Lillian Roberts

FRESH SPINACH SALAD

- | | |
|---------------------|-----------------------|
| 2 pkg. lemon Jello | 2 tbsp. chopped onion |
| 2 c. hot water | 2/3 c. chopped celery |
| 1 c. cold water | 1½ c. cottage cheese |
| 1 tbsp. vinegar | 2 c. chopped spinach |
| ½ tsp. salt | ½ c. diced cucumbers |
| 1 c. salad dressing | . |

Dissolve Jello and water, vinegar and salt and chill.
Whip in salad dressing and add other ingredients and
chill.

Barbara Dutton

CABBAGE & PINEAPPLE SALAD

- Mix: 4 c. shredded cabbage
1 c. crushed pineapple
8 marshmallows, quartered or 32 miniature marshmallows
1 large banana, cut in slices
salad dressing or mayonnaise thinned with cream to
moisten
nutmeats may be added if desired.

Mrs. John Pardee

4 - Jackson, Mich.

5 CUP SALAD

- | | |
|-------------------------|------------------------------------|
| 1 c. pineapple tidbits | 1 c. commercial sour cream |
| 1 c. mandarin oranges | OR 1 c. whipped cream |
| 1 c. small marshmallows | 1 small bottle maraschino |
| 1 c. shredded coconut | cherries (if desired) |
| | $\frac{1}{2}$ to 1 c. chopped nuts |

Drain the fruits well. Mix all together and refrigerate for at least 6 hours before serving. Nuts may be added if desired. Makes 6-8 servings.

DeAnna Casler

CABBAGE SALAD

- 1 medium head cabbage
1 green pepper 1 medium onion

Dressing:

- | | |
|--------------------|--------------------|
| 1½ c. sugar | 1 tsp. celery seed |
| 1 c. vinegar | 1 tsp. salt |
| 1 tsp. dry mustard | |

Chop the cabbage, pepper and onion together; chop fine. Make ahead and refrigerate. This is an excellent keeper.

Mrs. Karl Weir

CRANBERRY SALAD

- | | |
|--------------------|-----------------------|
| 1 box cherry Jello | 1 c. grated pineapple |
| 1 lb. cranberries | 1 c. cut white grapes |
| 2 c. sugar | |

Grind cranberries; add 2 c. sugar, 1 c. boiling water on Jello. Drain grated pineapple. Cut white grapes into small pieces. Mix all together. Make day before you want to use.

Dorothy Robeson

5 - Jackson, Mich.

CREAMY LIME SALAD

1-3 oz. pkg. lime Jello
1-3 oz. pkg. Philadelphia cream cheese
1 small can crushed pineapple, drained, reserve juice
 $\frac{1}{2}$ c. mayonnaise
 $\frac{1}{2}$ c. broken nutmeats, pecans
 $\frac{1}{2}$ pint whipping cream

Bring cheese to room temperature and beat with mayonnaise. Mix juice from the pineapple and water to make 1 cup. Bring to boil and dissolve Jello. Cool until partially set (like egg white). Add the cream cheese and mayonnaise mixture, pecans and pineapple. Whip the cream and fold in. Pour into a 5 cup mold. Chill. Unmold and serve. Makes 6 servings.

DeAnna Casler

CHARLESTON CABBAGE

1 cabbage head

Chop cabbage coarsely; cook in boiling salted water for 20 minutes. Drain.

Dressing:

| | |
|---------------------------|---------------------------|
| 2 tbsp. vinegar | 4 tbsp. cream or Pet milk |
| 2 tbsp. water | 1 egg |
| 1 tbsp. butter | salt and pepper |
| 1 tbsp. sugar or to taste | |

Put all in a saucepan; whip while cooking. Cook until slightly thickened. Pour over cabbage and serve hot.

Lina Partee

6 - Jackson, Mich.

GRANDMA'S TURNIPS

$1\frac{1}{2}$ c. hot unseasoned mashed turnips - white or yellow
3 c. hot mashed potatoes
salt and pepper to taste
6 tbsp. butter

Combine $1\frac{1}{2}$ c. hot unseasoned mashed turnips with 3 cups hot mashed potatoes. Season with salt and pepper and butter. Makes 5 servings.

Variations - Fold $\frac{2}{3}$ c. grated cheese into turnips just before serving.

Lina Pardee

SWEET POTATO & APPLE CASSEROLE

| | |
|-------------------------------------|---------------------------------|
| 6 medium sweet potatoes, cooked | 2 c. thick applesauce |
| 3 tbsp. melted butter | 7 tbsp. brown sugar |
| $1\frac{1}{2}$ tsp. salt | $\frac{1}{2}$ tsp. cinnamon |
| $\frac{1}{2}$ c. small marshmallows | $\frac{1}{4}$ c. chopped pecans |

Mash sweet potatoes and mix with melted butter and salt. Sweeten applesauce with 4 tbsp. brown sugar. Place in buttered casserole by spoonfuls, alternating potatoes and applesauce. Sprinkle top with remaining brown sugar and the cinnamon. Arrange marshmallows and pecans over top. Bake at 400 degrees for 30 minutes. Serves 6 to 8.

Beatrice Spicer

7 - Jackson, Mich.

SOUFFLED BAKED POTATOES

| | |
|-------------------------|------------------------|
| 6 large baking potatoes | 1 c. sour cream |
| $\frac{1}{4}$ c. butter | 1 egg, slightly beaten |
| 1 tsp. salt | dash of pepper |
| 2 tbsp. chopped chives | |

Bake potatoes in hot oven 400 degrees until tender; remove from oven and carefully cut off tops, scoop out potatoes, and using an electric mixer whip potatoes until smooth. Blend in cream, butter, egg, salt and pepper and whip to a fluff. Blend in chives. Place in potato shells and bake at 375 degrees for 15 minutes.

Note: These can be done ahead of time and stored in refrigerator to be reheated at serving time.

Linda Losey

FOUR VEGETABLE CASSEROLE

| | |
|------------------------|-----------------------------------|
| 2 pkg. brussel sprouts | 1 can mushroom soup |
| 2 pkg. green beans | $\frac{1}{4}$ lb. American cheese |
| 2 pkg. asparagus | $\frac{1}{2}$ pint sour cream |
| 1 tbsp. butter | salt and pepper to taste |

Cook vegetables together - drain. Add remaining ingredients, blend well. Bake 30 minutes at 350 degrees. Serves 8. Fresh vegetables may be used.

Ester Weir
Beatrice Spicer

8 - Jackson, Mich.

CAULIFLOWER SUPREME

| | |
|--------------------------|--------------------------|
| 1 large head cauliflower | salt and pepper to taste |
| 1 can frozen shrimp soup | chives or chopped onion |
| 1 c. sour cream | tops |
| 1 tbsp. mayonnaise | slivered toasted almonds |

Break cauliflower into pieces and cook in boiling salted water until just tender. Partially thaw soup, mix with sour cream, salt, pepper, chives and mayonnaise. Place cauliflower into greased casserole, cover with sauce; sprinkle with slivered almonds. Bake 30 minutes at 350 degrees. Serves 6.

Mrs. Gary Casler

BROCCOLI CASSEROLE (serves 8)

| | |
|--------------------------------|-------------------------|
| $\frac{1}{4}$ c. chopped onion | 1-8 oz. jar Cheese Whiz |
| 6 tbsp. butter | 2 pkg. chopped broccoli |
| 2 tsp. flour | 3 eggs |
| $\frac{1}{2}$ c. water | cracker crumbs |

Thaw broccoli and squeeze as much water out as possible. Fry onions in 4 tbsp. butter, add flour and water. When thick add cheese. Combine sauce with broccoli, add well beaten eggs. Pour in greased casserole and top with buttered crumbs, using the 2 remaining tbsp. butter. Bake at 350 degrees for 45-50 minutes.

Beatrice Spicer

9 - Jackson, Mich.

CHEESED ONION BAKE

6 c. thinly sliced onion rings
(about 6 medium onions)
 $\frac{1}{4}$ c. butter or margarine
 $\frac{1}{4}$ c. flour
2 c. milk
 $\frac{1}{2}$ tsp. salt
2 c. shredded sharp process American cheese ($\frac{1}{2}$ lb.)

Place onion rings in ungreased $1\frac{1}{2}$ quart casserole. Melt butter in saucepan; blend in flour. Gradually stir in milk, cook stirring constantly until thick. Stir in salt and cheese. Pour over onions. Bake uncovered in 350 degree oven for 1 hour or until onions are tender. Makes 6 servings.

Lillian Proctor

ONION PIE DELUXE

Saute: $1\frac{1}{2}$ c. thinly sliced onions in 2 tbsp. butter for 5 minutes.

Mix: $\frac{1}{4}$ c. melted butter $1\frac{1}{2}$ c. coarse salted
 $\frac{1}{4}$ tsp. curry powder cracker crumbs

Line an 8 inch square pan with 1 c. cracker mixture. Arrange onions on top.

Mix: 1 c. scalded milk 4 oz. mushrooms
 $\frac{1}{2}$ tsp. salt $\frac{1}{8}$ tsp. red pepper
 2 eggs, well beaten $1\frac{1}{2}$ c. grated cheese

Pour over onions. Top with remaining $\frac{1}{2}$ c. of crumbs. Bake 30 minutes or until set at 350 degrees.

Lila Smith

10 - Jackson, Mich.

CABBAGE CASSEROLE

1 small cabbage 1 tsp. flour
 $\frac{2}{3}$ c. milk bacon
1 tsp. mustard

Shred cabbage and put in buttered casserole. Mix milk, mustard and flour; heat and pour over cabbage. Place strips of bacon on top. Bake at 350 degrees for 20 minutes. Remove cover and brown bacon.

Mareta Weippert

FROZEN CORN

Cut 4 quarts corn from cob; add:
1 quart water 1 c. sugar
4 heaping tsp. salt

Boil lightly for 10 minutes. Set aside to cool. Put into containers to freeze. DO NOT DRAIN. This is very easy to do and is ready to serve at anytime. The juice keeps it from any freezer burns or drying out.

Mrs. John Pardee

RED CABBAGE

Saute $\frac{1}{3}$ c. chopped onions in shortening in heavy saucepan. Add 1 head red cabbage shredded. Cook and stir until softened. Add sugar and vinegar to taste. Add salt and pepper to taste. Add 2 chopped apples and cover; simmer about $1\frac{1}{2}$ hours until very tender.

Lila Smith

11 - Jackson, Mich.

ASPARAGUS CASSEROLE

- 1 c. bread crumbs
- 1 can asparagus or fresh or frozen
- 4 eggs
- 1 c. grated cheese
- 1 c. mushroom soup
- ½ c. milk
- 1 c. cheese crackers

Mix all ingredients except crackers. Put in casserole and cover with cracker crumbs. Bake at 350 degrees for 20-30 minutes.

Mrs. Howard Hall

-- EXTRA RECIPES --

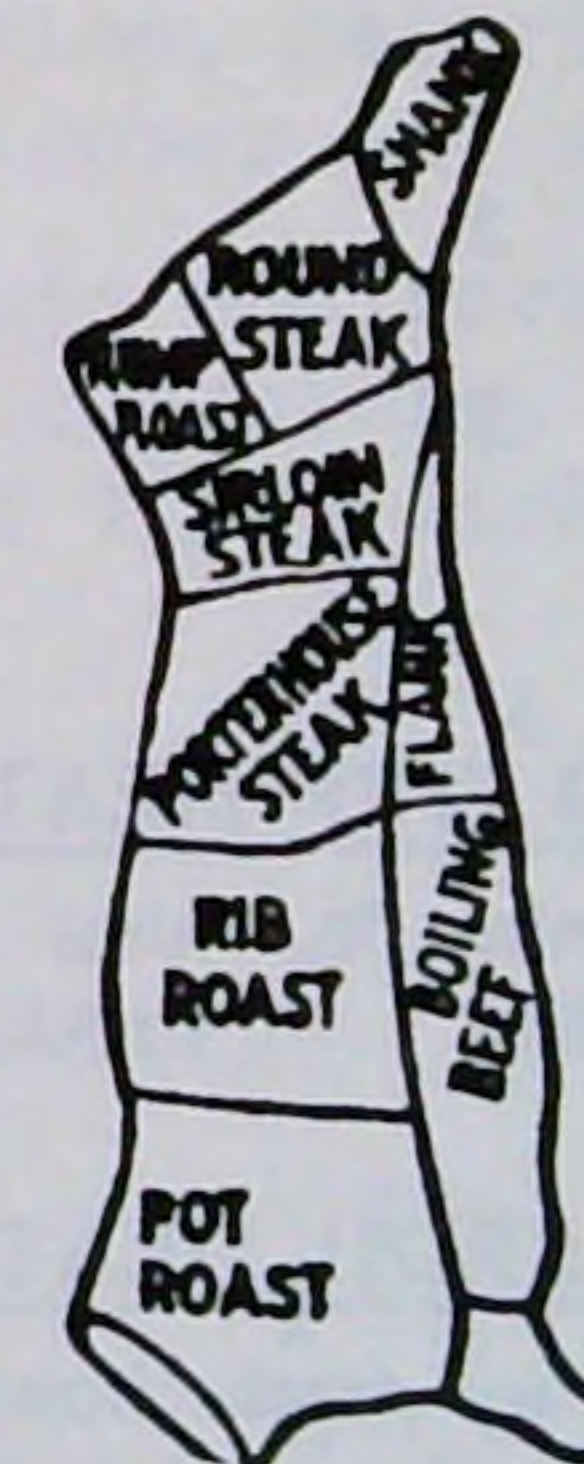
12 - Jackson, Mich.



Meat, Fish



& Poultry



TIME CHART for MEAT, POULTRY and FISH

| MEAT and POULTRY | TIME per lb. | OVEN Temperature |
|-----------------------------|----------------------------|------------------|
| Beef, rare | 18 to 20 mins. | 300 - 350 |
| medium | 22 to 25 mins. | 300 - 350 |
| well done | 27 to 30 mins. | 300 - 350 |
| Pork, fresh | 35 to 45 mins. | 300 - 350 |
| cured, well done | 20 to 35 mins. | 300 - 350 |
| Ham, smoked | 25 to 30 mins. | 300 - 350 |
| Lamb | 30 to 35 mins. | 300 - 350 |
| Veal | 25 to 35 mins. | 300 |
| All rolled roasts | add 10 to 15 mins. per lb. | |
| Chicken | 22 to 30 mins. | 325 - 350 |
| Duck | 20 to 25 mins. | 325 - 350 |
| Goose | 25 to 30 mins. | 325 - 350 |
| Turkey, large | 20 to 25 mins. | 275 - 300 |
| Small | 15 to 25 mins. | 300 - 325 |
| Fish | 20 mins. | 325 - 350 |

AMOUNT OF MEAT TO PURCHASE

| TYPE OF MEAT | NO. of SERVINGS | CUT |
|------------------------------|-----------------|--|
| 1 lb. | 4 | Rolled roasts, flank steaks, liver, heart, kidney, brains, sweetbreads, sausage and most canned meats. |
| 1 lb. (small amount of bone) | 3 | Round steak, ham slice, pot roast, rib steaks |
| 1 lb. (large amount of bone) | 2 | Most steaks, shoulder steaks, shoulder cuts, short ribs, breast, plate, neck chops, brisket. |

TO STEW MEAT

| | | | |
|----------------|---------------------|-------------------|-----------------------|
| Beef | 40 to 60 mins. /lb. | Veal | 25 mins. /lb. |
| Lamb | 20 mins. /lb. | Chicken | 20 mins. /lb or more. |

TO BROIL MEATS

Tender meats like beef steak and lamb chops, are good for broiling. Preheat broiler for about 10 minutes. Have meat at room temperature. Score edge about every inch to prevent it from curling. Cut off excess fat and use it to grease rack. Place meat in middle of rack. Place rack about 3" from the heating unit and leave oven door slightly open.* Broil the meat until the top side is well browned. Turn and broil second side until it is browned. Cook each side half the required time. Only one turning necessary. Season and serve on a hot platter.

Pan broiling: Heat a frying pan very hot and grease it by rubbing with a little fat. Sear meat on both sides, then cook more slowly until done. Season. Keep free from fat.

MEAT, FISH & POULTRY

TAMALE PIE

2½ c. boiling water
2 tsp. salt
Cook above ingredients until thick.

1 c. corn meal
1 lb. ground beef
¼ green pepper
½ c. chopped onion
½ c. celery
2 tbsp. oil
1 clove garlic, minced
1 c. corn

1 c. ripe olives
1 tbsp. salt
¼ tsp. pepper
1½ c. tomatoes
1 tbsp. chili powder
(more or less to suit taste)
¼ tsp. allspice

In large skillet slowly brown beef in 2 tbsp. oil, with garlic, green pepper, onion, celery. Saute until tender. Add rest of ingredients; cover and cook 10 minutes.

Butter a 1½ quart casserole and spread cooked cornmeal over bottom and sides of casserole, then pour the meat mixture into the cornmeal lined dish. Bake 45 minutes in 350 degree oven.

Mrs. L.H. Gould

MEAT LOAF

1 lb. ground ham
1 lb. ground beef
1 c. bread crumbs
1 c. milk
2 eggs

¼ tsp. salt
¼ tsp. pepper
1/3 c. brown sugar
1/3 c. vinegar
1 tsp. dry mustard

Mix meat, bread crumb, milk, eggs, salt & pepper together. Form in loaf and place in pan. Combine the brown sugar, vinegar & dry mustard and pour over top of meat. Bake 350 degrees about 1½ hours.

Nancy Burgett
13 - Jackson, Mich.

AMERICAN STYLE ENCHILADAS

Pancakes:

| | |
|---------------------|-------------------|
| 6 eggs, well beaten | 2 c. sifted flour |
| 3 c. milk | 3/4 tsp. salt |

Mix above ingredients; pour about $\frac{1}{4}$ c. batter into a 6 or 7 inch skillet or spread 6 inch rounds on a greased griddle; turn pancakes when surface looks dry. Pancakes can be stacked while you bake the rest. Makes 30.

Meat Filling:

1 lb. ground beef
 1 lb. bulk sausage
 1 c. chopped onions
 $\frac{1}{2}$ c. chopped green pepper
 2 cloves minced garlic
 1-2/3 tbsp. chili powder (more or less to suit taste)
 1 tsp. salt
 1-10 oz. pkg. frozen spinach, cooked, drained and chopped

Brown meat and sausage; pour off all but 1 tbsp. Add next 5 ingredients, simmer 10 minutes. Add spinach, (set aside).

Sauce:

1-29 oz. or 2-15 oz. cans meatless spaghetti sauce
 1-8 oz. can tomato sauce
 1 c. water
 1 tbsp. chili powder
 2 c. shredded cheddar cheese

Combine first 4 ingredients. Spoon scant $\frac{1}{4}$ c. meat mixture across center of each pancake, fold sides over about $\frac{1}{2}$ inch, starting at end closest to you. Roll up each pancake, place in 2-9x13 inch shallow baking dishes. Pour $\frac{1}{2}$ of sauce over each baking dish, then top with shredded cheese. Bake at 325 degrees for 30 minutes. Makes 10 servings.

Note: Prepared enchiladas can be frozen to reheat. Bake at 375 degrees for 45 minutes. Serve with green salad, crunchy French bread and a cool lemon sherbet.

Mrs. L.H. Gould
 14 - Jackson, Mich.

TATER-TOT CASSEROLE

| | |
|---|-----------------------------|
| 1 lb. ground beef | 1 box frozen Tater-Tots |
| 1 onion, chopped or onion flakes | 1 can cream of chicken soup |
| 1-16 oz. can green beans or some other vegetable | 1 can milk (soup can) |

Brown beef and onion lightly, drain off fat. Place in a casserole. Add a layer of green beans. Place Tater-Tots on top, close together. Blend soup and 1 soup can of milk with egg beater. Pour over the mixture in casserole. Bake at 350 degrees for 1 hour or until Tater-Tots are brown and crusty.

Mrs. Donald Culbert

CHOP SUEY

| | |
|--|-----------------------|
| 1 $\frac{1}{2}$ lb. beef | 2 tbsp. dark molasses |
| $\frac{1}{2}$ lb. lean pork | 2 tsp. salt |
| 2 c. celery, cut in $\frac{1}{2}$ inch pieces | 3 tbsp. cornstarch |
| 2 c. coarsely cut onions | 1 c. boiling water |
| 1 flat can water chestnuts | 1 c. rice |
| 1-#2 can bean sprouts | |

1. Cut the meat into 1 inch cubes. Flour the meat and brown it in oleo in a skillet.
2. Pour the meat into a large kettle. Make water gravy in the skillet with the boiling water and add it to the meat. Cook the meat about 40 minutes.
3. Add the celery, onion and salt and boil gently another 30 minutes. Add the cornstarch mixed with $\frac{1}{4}$ c. cold water, stir until gravy is thickened.
4. Add the bean sprouts and water chestnuts sliced thin; the molasses and cook about 20 minutes to heat the sprouts and chestnuts. Serve with the cooked rice and soya sauce. Cook the rice as directed on the package.

Lettie Mott

15 - Jackson, Mich.

15 MINUTE STROGANOFF

- 1 lb. round steak - $\frac{1}{4}$ inch thick
- 1-3 oz. can ($\frac{2}{3}$ cup) broiled sliced mushrooms with liquid
- 1 envelope or can dry onion soup mix
- 1 c. dairy sour cream
- 2 tbsp. all purpose flour

Trim fat from meat and reserve. Cut meat diagonally across grain in very thin strips. Heat fat in skillet till you have about 3 tbsp. melted fat (if necessary add butter); remove trimmings, brown meat. Add $\frac{2}{3}$ c. water and mushrooms. Stir in soup mix. Heat to boiling. Blend sour cream and flour. Add to hot mixture. Cook and stir till mixture thickens; sauce will be thin. Serve over noodles or rice. Serves 5 or 6.

Helen M. Mitchell

BAKED MACARONI STROGANOFF

- | | |
|---------------------------------------|------------------------------------|
| 1 tsp. rosemary leaf | $1\frac{1}{4}$ c. chopped onions |
| 2 medium bay leaves, broken | 1-8 oz. can cream of mushroom soup |
| 1 quart cold water | $\frac{1}{4}$ c. milk |
| $\frac{3}{4}$ tsp. salt | $\frac{1}{4}$ c. catsup |
| $\frac{1}{4}$ lb. elbow macaroni, raw | 1 tsp. salt |
| $1\frac{1}{4}$ lb. ground beef | pepper to taste |
| | 1 c. sour cream |

Place rosemary and bay leaves in cheese cloth bag in water, bring to boil; add $\frac{3}{4}$ tsp. salt and macaroni. Cook until tender; drain, remove bag. Meanwhile, brown meat with onion (stir to break up meat) until tender; pour off fat. Blend in soup, stir in milk, catsup, 1 tsp. salt, pepper and sour cream. Fold in cooked macaroni. Place in casserole, sprinkle with paprika. Bake in preheated oven 350 degrees for 30 minutes or until hot and bubbly. This may be made the day before & refrigerated until ready to use. Allow a little longer to bake in this case.

Nancy Burgett

16 - Jackson, Mich.

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COUNTRY HOUSE SAUERKRAUT

2 lbs. lean fresh pork (cubed)
2 medium sized minced onions
 $\frac{1}{2}$ stick of butter
1 tsp. paprika
salt & pepper to taste
1 quart sauerkraut
 $1\frac{1}{2}$ to 2 c. sour cream

Brown onions in butter, add meat, partially cover with water and simmer over low flame until tender. Cook sauerkraut about 1 hour; drain, add to meat mixture. Fold in $1\frac{1}{2}$ to 2 cups sour cream. Heat slowly. (Do not boil).

Note: Mix a little flour with sour cream before folding into mixture. The flour prevents separation. Serves 8.

Iva Musbach

MEAT BALLS

| | |
|---|--|
| $1\frac{1}{4}$ lb. lean beef | $\frac{1}{4}$ tsp. nutmeg |
| $\frac{1}{4}$ lb. lean pork or pork sausage | $\frac{1}{2}$ c. cream of rice (instant uncooked) |
| 1 large egg | $\frac{1}{2}$ large can evaporated milk OR 1 small can plus 2 tbsp. whole milk |
| 1 tbsp. grated onion or 1 tsp. onion salt | 1 can cream of mushroom soup |
| 1 tsp. salt | |
| $\frac{1}{4}$ tsp. pepper | |

Mix all ingredients except soup thoroughly. If possible chill so it will handle more easily. Form into balls, size of small English walnuts. Brown in melted butter or margarine or cooking oil, then place in casserole. Spoon over the balls the contents of 1 can of mushroom soup. Bake in 325 degree oven $1\frac{1}{2}$ hours or they may be cooked slowly in electric skillet. All beef may be used or a combination of beef, veal and pork. Be sure that meat is ground fine.

Lowisa Lange

17 - Jackson, Mich.

BAKED PORK CHOPS

6 pork chops ¼ c. milk
salt and pepper

Preheat oven to 375 degrees. Place pork chops in shallow baking pan. Pour milk over chops. Season with salt and pepper. Bake 45 minutes.

Kathy Barton

OVEN BARBECUED SPARERIBS

¼ c. onion, chopped ¼ c. lemon juice
1 tbsp. fat 2 tbsp. brown sugar
½ c. water 1 c. chili sauce
2 tbsp. vinegar ½ tsp. salt
1 tbsp. Worcestershire ¼ tsp. paprika
sauce spareribs

Saute onion until brown in fat. Add remaining ingredients except meat and simmer 20 minutes. Place spare-ribs in pan on rack. Bake at 500 degrees for 15 minutes. Cover with barbecue sauce, bake 1 hour at 350 degrees. Baste often with sauce in pan.

Mrs. Karl Weir

BAKED PARMESAN CHICKEN

¼ c. sour cream dash of celery salt
1 c. crushed cornflake ¼ tsp. thyme
crumbs ¼ tsp. basil
2 tbsp. Parmesan cheese, ¼ tsp. oregano
grated 1 cut up frying chicken,
dash of garlic salt washed and dried

Brush chicken pieces with sour cream; mix the rest of the ingredients and roll chicken in mixture. Place in shallow baking pan and bake at 350 degrees for 45-60 minutes or until done.

Mrs. Leroy Losey

18 - Jackson, Mich.

SECOND TIME TURKEY

1 c. elbow macaroni ¼ tsp. pepper
¼ c. butter or margarine 2 c. milk
¼ c. chopped onion 2 c. or more turkey pieces
¼ c. flour 4 oz. cheddar cheese
1 tsp. salt ½ c. bread crumbs
dash of thyme 2 tbsp. butter, melted

Cook macaroni and drain. Meanwhile, melt butter in large skillet, add onion and cook over low heat 5 minutes. Stir in flour, salt, pepper and thyme. Add milk and cook slowly stirring constantly until thick. Put ½ cooked macaroni in greased 2 quart casserole, then ½ of turkey, then all of cheese. Repeat layering once. Pour sauce over all. Mix crumbs and melted butter and sprinkle over top. Bake at 350 degrees for 25 minutes. Chicken or ham may be substituted for turkey.

Margaret Luttenton

BROCCOLI CHICKEN CASSEROLE

4 c. broccoli
1-8 oz. pkg. seasoned poultry stuffing
2 cans cream of mushroom or chicken soup
1-4 oz. can sliced mushrooms
3 tbsp. mushroom liquid
2 c. diced cooked chicken or turkey

Cook broccoli till tender - drain. Prepare stuffing according to directions. Heat soup - add drained mushrooms and liquid; chicken. Place broccoli in bottom of large shallow baking dish. Pour on soup mixture; top casserole with stuffing. Bake at 350 degrees for 30 minutes. Can be prepared in advance for later baking.

Mrs. Howard Hall

19 - Jackson, Mich.

CHICKEN LOAF

1-4 lb. chicken (3 cups)
2 c. fresh soft bread crumbs
1 c. cooked rice (measure after cooking)
1½ tsp. salt
2 tbsp. chopped pimento
3 c. milk or broth or both mixed
4 eggs, well beaten

Mix all together, adding eggs last. Bake 1 hour in pyrex loaf pan so you can cut into squares for serving.

Sauce:

¼ c. butter
¼ c. flour
1 pint broth

Cook butter and flour together, then add broth; cook until thick, then add ½ tbsp. chopped parsley, ½ tsp. lemon juice, 4 tbsp. cream, pinch of paprika and 1 small can of mushrooms, cut in small pieces. Serve sauce over chicken loaf. Serves 12.

Mrs. L.H. Gould

CHICKEN SOUFFLE

3 chicken breasts (cooked) 8 eggs
½ lb. Old English cheese 1 quart milk
bread slices (crusts removed)
crumbled potato chips
soft butter or margarine

Butter enough bread (both sides) so it will cover the bottom of a 9x13 inch baking pan. Slice all the cooked chicken and place over the layer of bread. Cover with a layer of sliced cheese. Cover this with another layer of bread. Beat eggs, add milk and pour over the bread-chicken-cheese layers. Let stand in refrigerator for
(continued)

20 - Jackson, Mich.

12 to 24 hours. Put a layer of potato chips on top and bake 1½ hours at 300 degrees. Serve hot, with hot mushroom or cream of chicken soup as a sauce.

Mrs. L.H. Gould

SALMON PORCUPINES CASSEROLE

1 small can (7-3/4 oz.) red salmon
½ c. pre-cooked rice
1 egg, well beaten
2 tbsp. (or less) minced onions
2 tsp. minced celery
1 can mushroom soup

Preheat oven to 325 degrees. Drain salmon and save liquid. Drain salmon, combine liquid with water to make 1 cup. Set aside.

Mix salmon, rice and egg, onion and celery together. Shape into 1 inch balls. Place in a 1½ quart casserole. Combine liquid and mushroom soup and mix well. Pour over the balls. Bake 1 hour.

Mrs. Donald Culbert

CAROLINA SHRIMP CASSEROLE

1/3 c. salad oil
½ c. chopped onions
2 lbs. fresh or frozen shrimp
1 tsp. Worcestershire sauce
dash of cayenne pepper 1 quart cooked rice
salt to taste 3 strips bacon

Heat oil in skillet; add onions; cook 5 minutes. Add shrimp and seasoning and cook 5 minutes; add rice. Mix well and turn into greased 1½ quart casserole. Top with bacon. Bake 30 minutes in 375 degree oven.

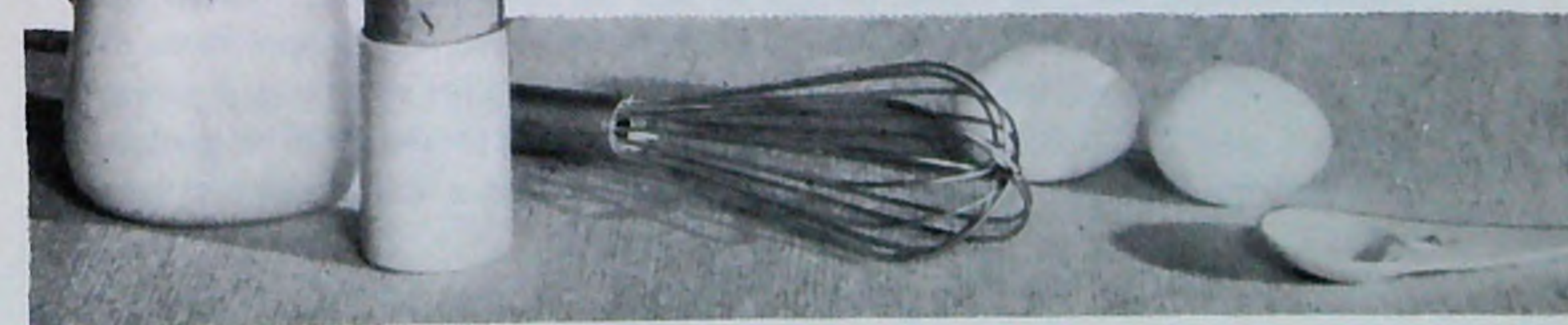
Mrs. L.H. Gould

21 - Jackson, Mich.

-- EXTRA RECIPES --

22 - Jackson, Mich.

Bread, Rolls & Cookies



OVEN TEMPERATURE CHART

| | |
|------------------------|------------------------------|
| Slow | 250 degrees - 325 degrees F. |
| Moderate | 325 degrees - 375 degrees F. |
| Moderate Hot | 375 degrees - 425 degrees F. |
| Hot | 425 degrees - 450 degrees F. |
| Very Hot | 450 degrees - 475 degrees F. |

| BREADS | Minutes | Temperature |
|-----------------------|-------------------|-------------|
| Loaf | 50 - 60 | 350 - 400 |
| Rolls | 20 - 30 | 400 - 450 |
| Biscuits | 12 - 15 | 400 - 450 |
| Muffins | 20 - 25 | 400 - 450 |
| Popovers | 30 - 40 | 425 - 450 |
| Corn Bread | 25 - 30 | 400 - 425 |
| Nut Bread | 50 - 75 | 350 |
| Gingerbread | 40 - 50 | 350 - 370 |

COOKIES

| | | |
|--------------------|-------------------|-----------|
| Drop | 10 - 15 | 350 - 400 |
| Rolled | 8 - 12 | 375 - 400 |
| Ice Box | 8 - 12 | 375 - 400 |
| Molasses | 10 - 15 | 350 |

PROPORTIONS FOR BATTERS AND DOUGHS

Pour Batter — To 1 cup liquid use 1 cup flour.
 Drop Batter — To 1 cup liquid use 2 - 2½ cups flour.
 Soft Dough — To 1 cup liquid use 3 - 3½ cups flour.
 Stiff Dough — To 1 cup liquid use 4 cups flour.

PROPORTIONS

Biscuits — To 1 cup flour use 1¼ teaspoons Baking Powder
 Muffins — To 1 cup flour use 1½ teaspoons Baking Powder
 Popovers — To 1 cup flour use 1¼ teaspoons Baking Powder
 Waffles — To 1 cup flour use 1¼ teaspoons Baking Powder
 Cake with fat — To 1 cup flour use 1 teaspoon Baking Powder

FOR THE COOKY JAR

Cooky dough that is to be rolled is much easier to handle after it has been in a cold place 10 to 30 minutes. This keeps the dough from sticking, even though it may be soft. If not done, the soft dough may require more flour and too much flour makes cookies hard and brittle. In rolling, take out on a floured board, only as much dough as can be managed easily. Flour the rolling pin slightly and roll lightly to desired thickness. Cut shapes close together and keep all trimmings for the last. Place pans or sheets in upper third of oven. Watch cookies carefully while baking to avoid burning edges. When sprinkling sugar on cookies, try putting it into a salt shaker. It saves time.

BREAD, ROLLS & COOKIES

RHUBARB BREAD

1½ c. brown sugar 1 tsp. salt
 2/3 c. liquid shortening 1 tsp. baking soda
 2 eggs 1 tsp. vanilla
 1 c. sour milk 2-3/4 c. flour
 1½ c. cut rhubarb

Mix all together and put in 2 bread pans. Make a topping of: 1 tbsp. butter and ½ c. sugar.

Sprinkle on top. Bake 50-60 minutes at 325 degrees.

Esther Weir

BANANA BREAD

3 ripe bananas, mashed soft
 2 eggs, well beaten
 1 c. sugar
 1 tsp. baking soda, rounded
 ½ c. melted shortening
 2 c. flour

Mix together until well blended. Makes 1 bread loaf.
 Bake 1 hour in 350 degree oven.

Sandra Gifford

APPLESAUCE NUT BREAD

| | |
|---------------------|------------------------|
| 1 c. sugar | 2 c. flour |
| 1 c. applesauce | 1 tsp. baking soda |
| 1/3 c. salad oil | 1/2 tsp. baking powder |
| 2 eggs | 1/2 tsp. cinnamon |
| 3 tbsp. milk | 1/2 tsp. salt |
| 3/4 c. chopped nuts | 1/4 tsp. nutmeg |

Topping:

| | |
|--------------------|-----------------------|
| 1/4 c. brown sugar | 1/4 c. chopped pecans |
| 1/2 tsp. cinnamon | |

Combine sugar, applesauce, oil, eggs and milk. Sift flour, baking powder, soda, cinnamon, salt and nutmeg. Add to applesauce mixture and beat well. Stir in nutmeats. Turn into a 9x5x3 inch greased baking pan. Combine topping and sprinkle evenly over batter. Bake 350 degrees for 1 hour. To prevent excessive browning cover loosely with foil for the last 30 minutes of baking.

Mrs. George Hamp

CARROT BREAD

| | |
|---------------------|-----------------------|
| 1 c. white sugar | 3/4 c. salad oil |
| 2 eggs | 1 1/2 c. sifted flour |
| 1/4 tsp. salt | 1 tsp. baking soda |
| 1 tsp. cinnamon | 1/2 c. chopped nuts |
| 1 c. grated carrots | |

Combine sugar, salad oil and eggs; beat until creamy. Add flour mixed with salt, soda and cinnamon. Add dry ingredients alternately with carrots. Stir in nutmeats. Bake at 350 degrees for 45 minutes or until done.

Mary Hamp

24 - Jackson, Mich.

BLUEBERRY BREAD

| | |
|-------------------------------|---------------------------------|
| 2/3 c. Crisco or Spry | 1 tsp. baking soda |
| 1-1/3 c. sugar | 1/2 tsp. salt |
| 1/2 c. milk | 1/2 c. coconut |
| 4 eggs | 1 c. (or less) chopped nutmeats |
| 1 1/2 tsp. lemon juice | 1 c. crushed pineapple, drained |
| 3 c. unsifted flour | |
| 2 tsp. baking powder | |
| 2 c. blueberries (added last) | |

Cream shortening and sugar; add eggs and milk; beat well. Sift dry ingredients together, then add coconut. Add to first mixture. Add the pineapple and nutmeats. Then add blueberries last. Bake in 1 large loaf or 2 small loaves.

Mrs. George Akin

WHOLE WHEAT BREAD

| | |
|------------------------------------|---------------------------------|
| 1 stick (8 tbsp.) melted margarine | 1/2 c. sugar |
| 2 envelopes yeast | 2 c. whole wheat flour |
| 1/2 c. warm water | 4 or 5 c. (or more) white flour |
| 4 c. warm water | 1 tbsp. salt |

Dissolve yeast in 1/2 c. warm water; add to 4 c. warm water, melted margarine, 1/2 c. sugar and salt. Add 2 c. whole wheat flour and 2 c. white flour. Mix with beater 2 minutes. Stir in enough white flour to handle dough, but keep dough still sticky for soft bread. Knead and then let rise. Punch down and let rise again. Punch down. Makes 3 loaves. Bake at 375 degrees for 15 minutes. Reduce heat to 350 degrees and bake 20-25 minutes more.

Sandra Gifford

25 - Jackson, Mich.

BOSTON BROWN BREAD

Mix all together well:

| | |
|-------------------|-----------------------|
| 3 c. graham flour | 1 tsp. baking soda |
| 1 c. white flour | dissolved in a little |
| 1 c. molasses | hot water |
| 2 c. sour milk | 1 tbsp. melted butter |
| | 1 c. raisins |

Bake in a slow oven for 2 hours. Makes 2 loaves or 3 loaves if baked in round 1 lb. coffee cans. Fill cans a little over $\frac{1}{2}$ full.

Mrs. John Pardee

APPLE NUT BREAD

| | |
|---------------------------------|-------------------------|
| $\frac{1}{2}$ c. butter or oleo | 1 tsp. baking powder |
| 1 c. sugar | 1 tsp. baking soda |
| 2 eggs | $\frac{1}{2}$ tsp. salt |
| 1 tsp. vanilla | 1 c. chopped nuts |
| $1\frac{1}{2}$ tbsp. sour cream | 1 c. chopped unpeeled |
| 2 c. sifted flour | apples |

Cut butter into sugar; add eggs, one at a time, mixing after each addition. Blend in vanilla and sour cream. Sift together dry ingredients; add nuts. Combine with first mixture. Stir in apples. Pour into 9x5x3 inch pan or 2 small pans. Bake in slow oven 325 degrees for about 1 hour.

Mrs. Wesley Moeckel

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26 - Jackson, Mich.

APPLE BREAD

| | |
|-------------------|-----------------------------------|
| 1 stick margarine | 2 c. diced apples |
| 1 c. sugar | 2 c. flour |
| 2 eggs | 1 tsp. baking soda dissolved |
| 1 tsp. salt | in 2 tbsp. milk |
| 1 tsp. vanilla | $\frac{1}{2}$ c. chopped nutmeats |

Mix all together and put into loaf pan.

Topping:

| | |
|----------------|-----------------------------|
| 2 tbsp. butter | $\frac{3}{4}$ tsp. cinnamon |
| 2 tbsp. sugar | 2 tbsp. flour |

Mix together and sprinkle on top of loaf. Bake 1 hour at 350 degrees.

Mrs. George Akin

DANISH ROLLS

| | |
|---------------------------------|----------------------------|
| 1 c. milk | 2 eggs |
| $1\frac{1}{4}$ c. shortening | $4\frac{1}{2}$ c. flour |
| $\frac{1}{3}$ c. sugar | $\frac{1}{4}$ tsp. mace |
| 1 tsp. salt | $\frac{1}{2}$ tsp. vanilla |
| 1 pkg. yeast (dry) | jelly |
| $\frac{1}{4}$ c. lukewarm water | |

Scald milk; pour over $\frac{1}{4}$ c. shortening, sugar and salt. Let cool. Dissolve yeast in lukewarm water. When milk mixture is cool add eggs, mace, vanilla and beat. Then add yeast and flour; let rise about 35 minutes. Roll out about 18 inches square. Spread on $\frac{1}{2}$ c. shortening; fold over and spread on another $\frac{1}{2}$ c. shortening. Fold again and let rise for 20 minutes. Roll out and cut in strips. Twist the strips for 3 or 4 twists, then roll. Put jelly in center and let rise again till about half double in size, being careful not to let rise too much. Bake 425 degrees for 8 to 10 minutes. Frost with powdered sugar frosting.

Linda Losey

27 - Jackson, Mich.

JOHNNY CAKE

Beat:

| | |
|------------------|---------------|
| 1 tbsp. butter | 2 eggs |
| 1 c. brown sugar | a little salt |

Add:

| | |
|-------------------------|----------------|
| 1 c. sour cream or milk | 1 c. corn meal |
| 1 tsp. baking soda | 1 c. flour |

Put into greased pan and bake at 350 degrees.
This recipe has been handed down many generations
and is very good!

Mrs. John Pardee

BIG-HEARTED COFFEE CAKE

| | |
|--|------------------------------|
| $\frac{1}{2}$ c. milk | 3 tbsp. melted butter |
| $\frac{1}{2}$ c. sugar | $\frac{1}{4}$ c. white sugar |
| $1\frac{1}{2}$ tsp. salt | $\frac{1}{4}$ c. brown sugar |
| $\frac{1}{4}$ c. shortening | $\frac{1}{2}$ c. cherries |
| 2 pkg. dry yeast | $\frac{1}{2}$ c. raisins |
| $\frac{1}{2}$ c. warm water | $\frac{1}{4}$ c. walnuts |
| 2 beaten eggs | |
| 5 c. flour (sometimes only 4-4 $\frac{1}{2}$ c.) | |

Scald milk; stir in sugar, salt, shortening. Cool to lukewarm. Put yeast in warm water and stir till dissolved. Add milk mixture, eggs, 3 c. flour; beat until smooth. Stir in the rest of the flour. Knead on floured board until smooth and elastic (10 minutes). Place in greased bowl; grease top. Cover and let double (1 hour). Roll to 20x16 inch rectangle. Brush with melted butter. Sprinkle on sugars, fruits, nuts and roll as for a jelly roll. Place on greased sheet. Shape like a heart or circle. Put ends together. With a knife, cut $\frac{2}{3}$ through the roll at 1 inch intervals. Cover and let double. Bake at 350 degrees for 30-35 minutes. Frost with powdered sugar icing on top of each slice. Then top each slice with $\frac{1}{2}$ a maraschino cherry.

Note: At Christmas this looks nice in the shape of a wreath. Alternate red and green cherry halves.

Linda Losey

28 - Jackson, Mich.

BANANA DOUGHNUTS

| | |
|-----------------------------------|------------------------------|
| 4 c. sifted flour | $\frac{1}{4}$ c. shortening |
| $4\frac{1}{2}$ tsp. baking powder | 2 eggs, well beaten |
| 1 tsp. salt | 1 c. mashed ripe bananas |
| $\frac{1}{2}$ tsp. cinnamon | melted fat or salad oil to |
| $\frac{1}{2}$ tsp. nutmeg | depth of 2 inches |
| $\frac{3}{4}$ c. sugar | (Preheat oil to 375 degrees) |

Sift together flour, baking powder, salt, cinnamon, nutmeg and sugar. Cut in shortening; add eggs and bananas to mixture; blend thoroughly. Turn onto a floured board. Roll to $\frac{3}{8}$ inch thickness. Cut with a floured $2\frac{1}{2}$ inch doughnut cutter. Fry until golden brown, turning once. Drain well. Makes $2\frac{1}{2}$ dozen doughnuts.

Mrs. Grace Fowler

BROWN BREAD

| | |
|------------------------------|-------------------------|
| $\frac{1}{2}$ box of raisins | $\frac{1}{4}$ tsp. salt |
| $1\frac{1}{2}$ c. cold water | 3 tbsp. butter |
| 1 c. sugar | |

Bring these ingredients to a boil and cool.

Add:

| |
|----------------------------------|
| 1 egg, slightly beaten |
| 2- $\frac{3}{4}$ c. flour |
| 2 tsp. baking soda |
| $\frac{1}{2}$ tsp. baking powder |

Sift together. Grease 3 cans. Bake for 1 hour at 325 degrees.

Mrs. Grace Fowler

29 - Jackson, Mich.

POTATO DOUGHNUTS

| | |
|---------------------|--------------------------|
| 1-1/3 c. sugar | 1 tsp. salt |
| 1 c. mashed potato | 1 tbsp. vanilla |
| 2 level tsp. butter | 4 tsp. baking powder |
| 1 egg | 2-3/4 c. flour (or 3 c.) |
| 2/3 c. sweet milk | |

Mix sugar, butter and hot mashed potato together. Add egg, vanilla and milk. Sift flour, salt and baking powder together and add to make a soft dough or stiff enough to roll about 1/2 inch thick. Cut and fry in hot, deep fat, either lard or vegetable.

Mrs. Donald Culbert

CHRISTMAS FRUIT COOKIES

| | |
|--|----------------------------|
| 1 1/2 c. brown sugar (scant) | 1 tsp. allspice |
| 1 c. lard (scant) | salt |
| 1 c. buttermilk | nuts, candied fruit |
| 1 tsp. baking soda (added to buttermilk) | or raisins |
| 1 c. molasses (light) | 1/4 c. wine or fruit juice |
| 1 tsp. cinnamon | 4 1/2 to 5 c. flour |
| 1 tsp. cloves | |

Mix as listed. Try cookies so not to add too much flour. Let stand in a cool place overnight. Cut in rectangular shapes. Bake at 350 degrees. Place cookies in a crock they will keep well.

Iva Musbach

30 - Jackson, Mich.

BUTTERSCOTCH OATIES

| | |
|------------------------------|--------------------|
| 1-6 oz. pkg. (1 cup) | 1 tsp. baking soda |
| Nestles butterscotch morsels | 2 c. rolled oats |
| 3/4 c. butter | 1 c. sifted flour |
| 2 tbsp. boiling water | 3/4 c. sugar |
| | dash of salt |

Preheat oven to 350 degrees F. Combine butterscotch morsels and butter and melt over boiling water. Remove from heat. Mix boiling water with baking soda and add to butterscotch mixture. Gradually blend in remaining ingredients. Drop by slightly rounded teaspoonfuls onto ungreased baking sheets. Bake at 350 degrees F for 10 minutes. Makes 5 dozen cookies.

Alta Moeckel

CHOCOLATE MACAROONS

| | |
|----------------------|----------------------------|
| 1/2 c. salad oil | 4 squares melted chocolate |
| 2 c. sugar | 4 eggs |
| 2 tsp. vanilla | 2 c. flour |
| 2 tsp. baking powder | |

Combine salad oil with the 4 squares of melted chocolate, add the sugar, beat in the eggs, one at a time, add the vanilla, the flour and baking powder which have been sifted together. Chill. May be mixed in the evening and chilled overnight. Roll in small balls then drop in confectioner's sugar (start with 1/2 cup) and roll around until coated. Place on greased cookie sheet and bake at 375 degrees for 12-15 minutes - no longer. Makes 6 dozen.

Mayme E. Benedict

31 - Jackson, Mich.

HONEY COOKIES

| | |
|----------------|----------------------|
| ½ c. sugar | 1 tsp. baking powder |
| ½ c. oleo | 1 tsp. baking soda |
| ½ c. honey | 2½ c. sifted flour |
| 2 eggs | 1 c. raisins or nuts |
| 1 tsp. vanilla | |

Blend sugar, oleo and honey. Beat in eggs. Add vanilla. Stir in dry ingredients; add raisins or nuts or combination. Drop by teaspoon on lightly greased cookie sheet. Bake at 350 degrees for 12 minutes.

Bernice Loomis

PERSIAN COOKIES

| | |
|---------------------|----------------------|
| 1 c. Crisco | 2/3 c. mixed peel |
| 1 tsp. salt | 2 c. coconut |
| 1 tsp. vanilla | ¼ c. milk |
| 1-3/4 c. sugar | 1/3 c. chopped nuts |
| 2 eggs, well beaten | 3 c. sifted flour |
| ½ c. dates, chopped | 3 tsp. baking powder |

Combine Crisco, salt and vanilla; add sugar and cream well. Add beaten eggs. Mix well; add fruit and coconut and nuts and mix well. Drop with teaspoon on baking sheet. Let stand a few minutes then flatten. Bake in moderate oven 350 degrees for 12-15 minutes.

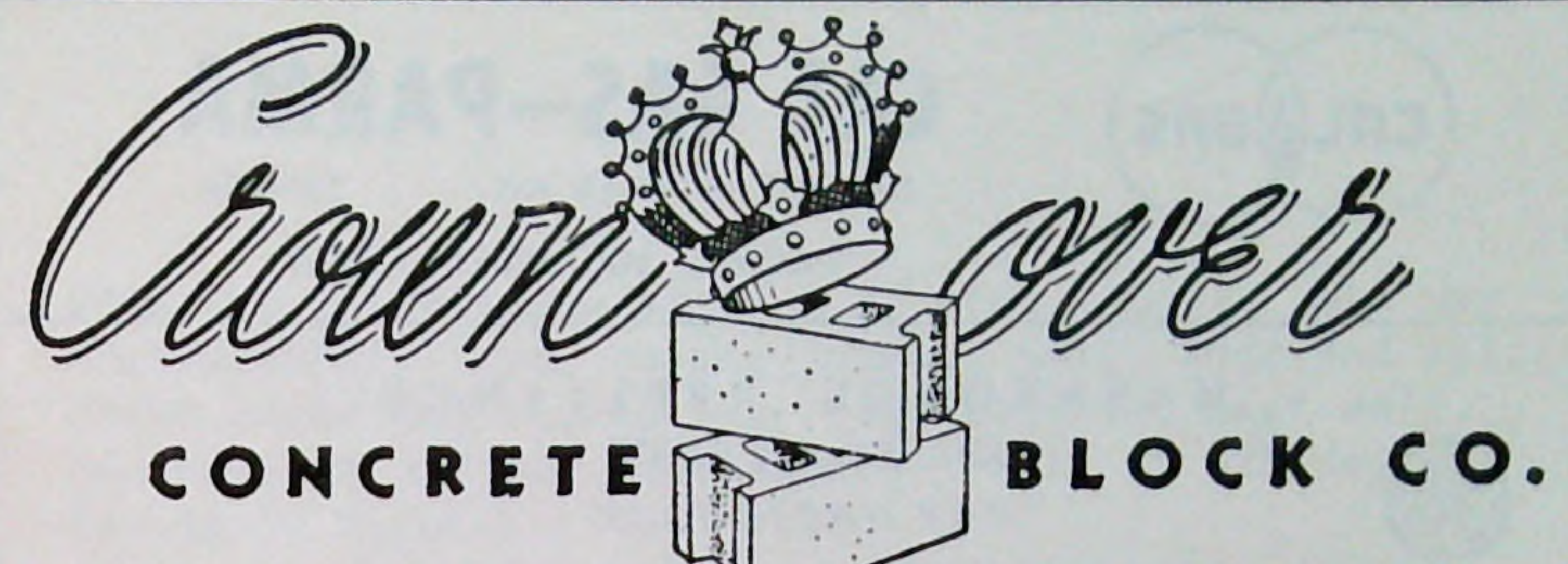
Mrs. Will Archenbronn

JUMBO RAISIN COOKIES

| | |
|-----------------------|----------------------|
| 2 c. seedless raisins | 4 c. flour |
| 1 c. water | 1 tsp. baking powder |
| 1 c. shortening | 1 tsp. baking soda |
| 2 c. sugar | ¼ tsp. allspice |
| 3 eggs | ¼ tsp. nutmeg |
| 1 tsp. vanilla | 1½ tsp. cinnamon |
| nutmeats (if desired) | 1 tsp. salt |

(continued)

32 - Jackson, Mich.



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Cook the raisins and water 5 minutes. Cool. Mix dry ingredients: flour, baking powder, salt, soda and spices. Cream sugar and shortening. Add eggs and beat well. Add raisins and dry ingredients. Bake at 375 degrees for 12-15 minutes.

Mabel Culbert

ORANGE PECAN DELIGHTS

Sift together:

3 c. all purpose flour $\frac{1}{2}$ tsp. salt

2 tsp. baking powder $\frac{1}{2}$ tsp. baking soda

Cream:

$\frac{3}{4}$ c. butter

Gradually add 1 c. firmly packed brown sugar and $\frac{1}{2}$ c. white sugar. Cream well.

Add 2 eggs and 1 tbsp. orange rind. Stir in $\frac{1}{2}$ c. sour cream - thick or commercial.

Blend in dry ingredients gradually, then stir in 1 c. chopped pecans. Drop by spoonful on greased baking sheet. Bake 10-14 minutes at 375 degrees. While still warm - ice with the following icing:

Orange Icing:

Combine:

2 c. sifted 4-X sugar

2 tsp. grated orange rind

pinch of salt

2 or 3 tbsp. orange juice

Combine until of spreading consistency. Spread on cookies while still warm and top with pecan nutmeat.

These are different and yummy!

Beatrice Spicer

33 - Jackson, Mich.

OLD FASHIONED MOLASSES COOKIES

| | |
|-----------------------------|-------------------------------|
| 1 c. white sugar | 1 tsp. baking powder |
| 1 c. shortening | $\frac{1}{2}$ tsp. ginger |
| 1 c. molasses (green label) | $\frac{1}{2}$ tsp. cinnamon |
| 2 eggs | $\frac{1}{2}$ c. sour milk or |
| 1 tsp. baking soda | buttermilk |
| | about 6 c. flour |

Sift 2 c. flour with soda, baking powder and spices and stir this in alternately with sour milk. Mix well, smooth each time, then add the rest of the flour until it is real stiff. Roll dough $\frac{1}{8}$ inch thick or more then cut with floured cutter. Sprinkle with sugar, add a raisin; bake at 350 degrees for 10 minutes or till done. They freeze well; store in airtight container and add a slice of bread if they get hard.

Mrs. Ben Smith

APPLE-OATMEAL COOKIES

| | |
|------------------------------------|-------------------------------|
| 1 c. finely diced apples (unpared) | 2 c. sifted all purpose flour |
| $\frac{1}{4}$ c. raisins | 2 tsp. baking powder |
| $\frac{1}{4}$ c. chopped pecans | 1 tsp. ground cinnamon |
| $\frac{1}{2}$ c. granulated sugar | $\frac{1}{2}$ c. milk |
| 1 c. butter or margarine | $\frac{1}{2}$ tsp. salt |
| 1 c. brown sugar | $\frac{1}{2}$ tsp. cloves |
| 2 eggs | 2 c. quick rolled oats |

In a saucepan, combine fruits, nuts, granulated sugar and 2 tbsp. water. Cook and stir till thick and apples are tender, about 10 mins. Cream butter and brown sugar until fluffy. Beat in eggs. Sift dry ingredients together and add alternately with milk to creamed mixture. Stir in oats. Reserve $\frac{3}{4}$ c. dough. Drop remainder from a tsp. onto greased cookie sheet. Make depressions in center; top with apple filling & small amount of reserved dough. Bake at 375 degrees for 10-12 minutes.

Linda Losey

34 - Jackson, Mich.

PINEAPPLE BARS

| | |
|------------------|-------------------------------|
| 2 c. flour | $4\frac{1}{4}$ c. rolled oats |
| 1 tsp. salt | 1 lb. margarine |
| 2 c. brown sugar | |

Filling:

| | |
|-----------------------------|------------------------------------|
| $\frac{1}{2}$ c. sugar | 2 c. crushed pineapple (undrained) |
| $\frac{1}{8}$ c. cornstarch | |
| 2 tsp. lemon juice | |

Mix the first 4 ingredients and add margarine. Mix well into fine crumbs. Place $\frac{1}{2}$ of crumbs in greased jelly roll pan 11x17 inches. Spread with filling that has cooked until thick. Then cover with remaining crumbs, patting smooth. Bake 45 minutes at 350 degrees. Cut in squares.

Other fillings can be used or canned pineapple pie filling. Orange and pineapple marmalade mixed are also delicious.

Margaret Luttenton

BROWNIES

| | |
|-----------------------------|------------------------|
| 1 c. sugar | 1 stick butter or oleo |
| 1-16 oz. can Hersheys syrup | 4 eggs |
| 1 c. flour | 1 c. nuts (optional) |

Cream oleo and sugar; pour in syrup; add eggs, one at a time. Beat in flour and fold in nuts. Pour in greased 11x15 inch pan. Bake at 350 degrees for 25 minutes.

Frosting:

| | |
|----------------------------------|----------------------------------|
| $\frac{1}{2}$ c. sugar | $\frac{1}{3}$ c. evaporated milk |
| $\frac{1}{2}$ c. chocolate chips | 1 stick oleo |

Put oleo, sugar and milk in pan; boil 1 minute. Add chips and mix till melted. Frost brownies while still warm.

Esther Weir

35 - Jackson, Mich.

CHOCOLATE COOKIES

| | |
|------------------------------|----------------------------------|
| 2 tbsp. cocoa | $\frac{1}{4}$ tsp. salt |
| $\frac{1}{2}$ c. white sugar | $1\frac{1}{2}$ scant c. flour |
| $\frac{1}{2}$ c. brown sugar | $\frac{1}{4}$ tsp. baking soda |
| 1 egg, well beaten | $\frac{1}{2}$ tsp. baking powder |
| $\frac{1}{2}$ c. shortening | $\frac{1}{2}$ c. nuts |
| $\frac{1}{2}$ c. sour milk | |

Mix all together and drop by spoonful on greased baking sheet. Bake at 350 degrees for 15 minutes.

Esther Weir

OATMEAL COOKIES

| | |
|----------------------------------|----------------------|
| 2 c. brown sugar | pinch of salt |
| 1 c. shortening (lard) | 1 tsp. vanilla |
| 3 or 4 eggs | 1 c. sour milk |
| 1 c. rolled oats | 1 c. raisins and |
| 2 tsp. baking soda | 1 c. nutmeats ground |
| $\frac{1}{2}$ tsp. baking powder | together |

Mix ingredients in order and add flour enough to make thick. Drop on cookie sheet and flatten with a spoon. Bake at 350 degrees for 10 minutes or till done.

You can grind the oats with the raisins and nutmeats so they don't stick together.

Mrs. Ben Smith

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36 - Jackson, Mich.

SORGHUM COOKIES

| | |
|-----------------------------|---------------------------------|
| 1 c. sugar | $1\frac{1}{2}$ tsp. baking soda |
| $\frac{1}{2}$ c. shortening | 1 tsp. vanilla |
| 1 egg | 1 c. rolled oats |
| $\frac{1}{2}$ c. Stuckey's | $\frac{1}{2}$ tsp. salt |
| Sorghum Syrup | 2 c. flour |

Cream sugar and shortening. Add egg and sorghum syrup and beat well. Add sifted dry ingredients and mix well. Add vanilla. Stir in rolled oats. Drop from teaspoon onto ungreased cookie sheet. Bake at 375 degrees for 12 minutes.

Fae Easton

PEPPERNUSSUSE (Pepper Cookie)

$2\frac{1}{2}$ lbs. brown sugar
8 eggs
1 tsp. pepper (ground black)
1 c. chopped nutmeats
2 tsp. baking powder
2 tsp. cinnamon
5 c. flour

Mix well brown sugar and eggs. Add sifted together flour, baking powder, pepper and cinnamon. With last addition of dry ingredients add nutmeats.

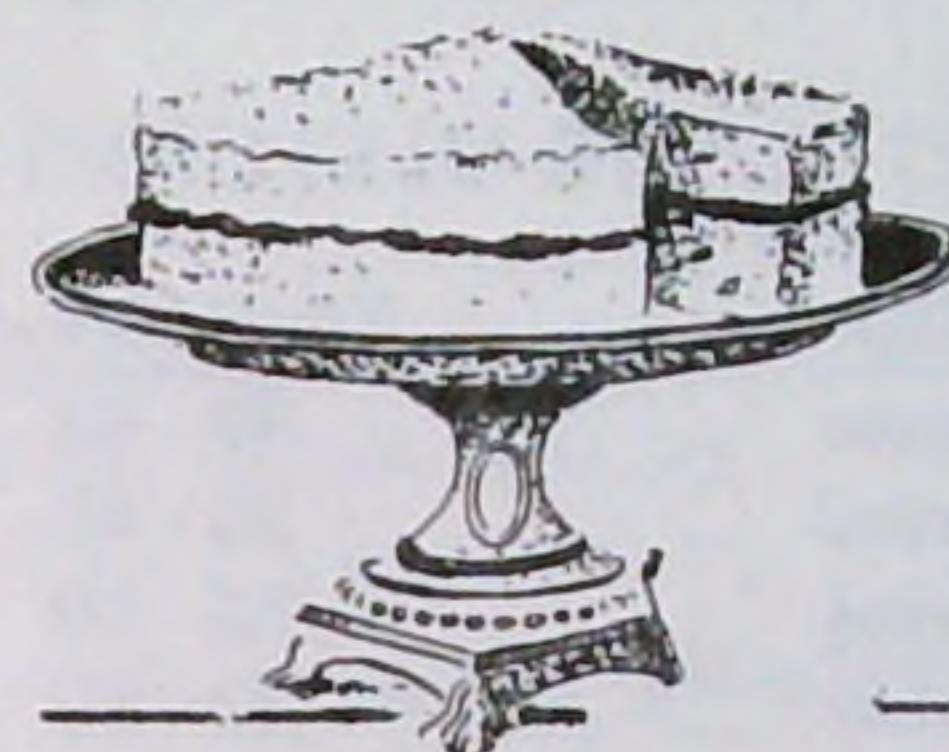
Drop by teaspoonful on ungreased cookie sheet. Bake 350 degrees 10-12 minutes. Let baked cookies stand a minute before removing from baking sheet. Bottoms of cookies should be shiny. This is an old German Christmas treat.

Eunice Dancer

37 - Jackson, Mich.

-- EXTRA RECIPES --

Cake & Pastry



OVEN TEMPERATURE CHART

| | |
|------------------------|------------------------------|
| Slow | 250 degrees - 325 degrees F. |
| Moderate | 325 degrees - 375 degrees F. |
| Moderate Hot | 375 degrees - 425 degrees F. |
| Hot | 425 degrees - 450 degrees F. |
| Very Hot | 450 degrees - 475 degrees F. |

TEMPERATURES FOR BAKING FLOUR MIXTURES

| FOOD | TEMPERATURE | TIME (Minutes) |
|------------------------------|-------------------|----------------|
| Butter Cake, loaf | 360 - 400 degrees | 40 - 60 |
| Butter Cake, layer | 380 - 400 degrees | 20 - 40 |
| Cake, angel | 300 - 360 degrees | 50 - 60 |
| Cake, sponge | 300 - 350 degrees | 40 - 60 |
| Cake, fruit | 275 - 325 degrees | 3 - 4 hours |
| Cookies, thin | 380 - 390 degrees | 10 - 12 |
| Cookies, molasses | 350 - 375 degrees | 18 - 20 |
| Cream Puffs | 300 - 350 degrees | 45 - 60 |
| Meringues | 250 - 300 degrees | 40 - 60 |
| Pie Crust | 400 - 500 degrees | 20 - 40 |

CAKES

| | | |
|------------------|-------------|---------|
| Angel | 325 degrees | 60 |
| Sponge | 325 degrees | 60 |
| Cup | 350 degrees | 25 |
| Layer | 375 degrees | 25 - 30 |
| Loaf | 350 degrees | 45 - 60 |
| Sheet | 375 degrees | 20 - 30 |
| Pound | 325 degrees | 60 - 90 |

PIES

| | | |
|---------------------|-------------|---------|
| Pumpkin | 400 degrees | 35 - 45 |
| Two-crust | 400 degrees | 25 - 40 |
| Shells | 450 degrees | 10 - 12 |
| Meringue | 300 degrees | 10 - 15 |

RULES FOR USE OF LEAVENING AGENTS

1. To 1 tsp. soda use 2 $\frac{1}{4}$ tsp. cream of tartar, or 2 cups freshly soured milk, or 1 cup molasses.
2. In simple flour mixtures, use 2 tsp. baking powder to leaven 1 cup flour. Reduce this amount $\frac{1}{2}$ tsp. for each egg used.
3. To substitute soda and an acid for baking powder, divide the amount of baking powder by 4. Take that as your measure of soda and add the acid according to rule 1 above.

CAKE & PASTRY

CHERRY LAYER CAKE

| | |
|---|---|
| 2 $\frac{1}{4}$ c. cake flour | 16 maraschino cherries, |
| $\frac{1}{2}$ tsp. salt | chopped |
| 3 tsp. baking powder | $\frac{1}{2}$ c. milk |
| 1- $\frac{1}{3}$ c. sugar | $\frac{1}{2}$ to $\frac{2}{3}$ c. egg whites, |
| $\frac{1}{2}$ c. shortening | unbeaten |
| $\frac{1}{4}$ c. maraschino cherry juice | |
| $\frac{1}{2}$ c. chopped California walnuts | |

Sift dry ingredients into bowl. Have all ingredients at room temperature. Add shortening, cherry juice, cherries and milk. Beat 2 minutes. Add egg whites. Beat 2 minutes. Fold in nuts. Bake in wax paper lined 8 inch layer cake pans in 350 degree oven for 30 minutes.

Frosting:

Combine 1 c. milk and 5 level tbsp. flour in pan and cook together until thick; set aside to cool.

Combine:

1 stick butter $\frac{1}{2}$ c. shortening
pinch of salt 1 c. sugar
in small beater bowl. Beat together, then add the cooled mixture and beat at high speed until the mixture reaches the consistency of thick cream. Add 1 tsp. vanilla to frosting and spread on cooled cake.

Mrs. Robert Burgett

BROWN SUGAR POUND CAKE

| | |
|-----------------------------|----------------------------|
| 1 c. butter | 2 tsp. baking powder |
| $\frac{1}{2}$ c. shortening | 1 c. milk |
| 1 lb. light brown sugar | $\frac{1}{2}$ tsp. vanilla |
| 1 c. sugar | 1 c. chopped walnuts |
| 5 eggs | walnut glaze |
| 3 c. flour | |

Beat butter and shortening together; gradually add the sugars, creaming until mixture is light and fluffy. Beat in eggs one at a time. Sift together dry ingredients and add alternately with milk and vanilla to the creamed mixture, stir in nuts. Pour batter into greased and floured 10 inch tube pan and bake in moderate oven 350 degrees for 1 hour and 15 minutes or until done when tested with a straw. Cool 10 minutes, then remove from pan. Pour Walnut Glaze over hot cake.

Walnut Glaze:

Cream 1 c. sifted confectioner's sugar and 2 tbsp. butter. Add 6 tbsp. cream, $\frac{1}{2}$ tsp. vanilla and $\frac{1}{2}$ c. chopped walnuts and blend well.

Anna Mae Dishaw

OATMEAL CAKE

| | |
|------------------------|---------------------------------|
| $\frac{1}{4}$ lb. oleo | $1\frac{1}{2}$ c. flour |
| 1 c. white sugar | 1 c. oatmeal |
| 1 c. brown sugar | $1\frac{1}{4}$ c. boiling water |
| 2 eggs | 1 tsp. vanilla |
| 1 tsp. cinnamon | 1 tsp. baking powder |

Cream together oleo, both sugars and eggs. Then rest of the ingredients except oatmeal and water. Mix well. Cream together oatmeal and water then add to rest of the ingredients. Bake in 350 degree oven for 30 minutes.

(continued)

40 - Jackson, Mich.

Frosting:

| | |
|--------------|------------------------------|
| 3 tbsp. oleo | $\frac{2}{3}$ c. brown sugar |
| 1 c. coconut | 1 c. chopped nuts |
| 2 egg yolks | 4 tbsp. canned milk |

Mix together all ingredients. Put on the cooled cake. Put in oven until the frosting starts to get brown.

Helen M. Mitchell

BEET-CARROT SPICE CAKE

| | |
|--------------------------------|-------------------------------|
| $1\frac{1}{2}$ c. white sugar | $\frac{3}{4}$ tsp. salt |
| $\frac{3}{4}$ c. vegetable oil | 1 tsp. cinnamon |
| 3 eggs, separated | 1 c. mashed cooked beets |
| 1 tsp. vanilla | 1 c. grated raw carrots |
| 2 c. flour (all purpose) | $\frac{1}{2}$ c. chopped nuts |
| 1 tbsp. baking powder | |

Beat together sugar and oil; add egg yolks, vanilla and 3 tbsp. hot water. Mix; add remaining ingredients except egg whites and mix well. Fold in stiffly beaten egg whites and pour in greased 13x9x2 inch pan. Bake at 350 degrees for 50 minutes or until done. Cool on cake rack in pan. This is a nice moist cake and apt to be crumbly, so is best to leave in pan. Frost.

Lemon Frosting:

| | |
|--------------------------------------|--------------------------------------|
| $\frac{1}{4}$ c. soft butter or oleo | 1 egg yolk |
| pinch of salt | about 1 tbsp. milk |
| 2 cups 4-X sugar | $\frac{1}{2}$ tsp. grated lemon rind |

Cream butter, add salt and gradually add part of the 4-X sugar, blending after each addition. Add rind and yolk and mix well. Add milk and remaining sugar alternately until of spreading consistency to spread. Delicious!

Beatrice Spicer

41 - Jackson, Mich.

EMMA VROMAN'S AVOCADO CAKE

| | |
|-------------------------|------------------------|
| 2 c. sugar | 3/4 c. raisins |
| 3/4 c. margarine | 2-2/3 c. sifted flour |
| 3 eggs | 1 1/2 tsp. baking soda |
| 1 1/2 c. mashed avocado | 3/4 tsp. allspice |
| 3/4 c. buttermilk or | 3/4 tsp. cinnamon |
| sour milk | 3/4 tsp. salt |
| 3/4 c. dates, cut fine | 3/4 c. nutmeats |

Cream shortening and sugar, add eggs and beat well. Mix avocados and milk, add alternately with dry ingredients which have been sifted together. Stir in nuts, dates and raisins. Bake in a 9x13 inch pan for 45-60 minutes at 350 degrees. Ice with buttermilk icing.

Buttermilk Icing:

| | |
|----------------------|------------------|
| 1 c. sugar | 1/2 tsp. vanilla |
| 1/2 c. buttermilk | 1/2 c. margarine |
| 1/2 tsp. baking soda | |

Combine together and cook over medium heat to the soft ball stage. Stir constantly to prevent boiling over. Remove from heat, let set 5 minutes, then beat until it starts to thicken. Start spreading immediately on the cake, from middle to edges.

Mrs. Donald Culbert

PUDDING CAKE

1 pkg. Jiffy white cake mix and bake in 10 1/2 x 13 1/2 size cake pan. 2 pkg. instant vanilla pudding; add 2 c. cold milk and beat. Take 1 large pkg. of Philadelphia cream cheese, cream it with 1/2 c. milk and mix it with the vanilla pudding.

Drain 1 large can crushed pineapple very dry (about 45 minutes). Cool cake and spread pineapple over it. Then spread pudding mixture on top. Beat Dream Whip or Cool Whip and top the cake and sprinkle with nuts or coconut.

Anna Shew

42 - Jackson, Mich.

MEDORA GARDNER'S LIGHT FRUIT CAKE

| | |
|----------------------------|----------------------------|
| 1 c. sugar | 1 tsp. salt |
| 1 1/4 c. maraschino cherry | 1 tsp. vanilla |
| juice and water | 1/2 c. mixed candied fruit |
| 1/3 c. shortening | and peel |
| 2 c. sifted flour | 1/2 c. nutmeats |
| 1 tsp. baking powder | 1 c. golden raisins |
| 1 tsp. baking soda | |

Mix sugar, liquid and shortening and boil 2 minutes. Let cool. Sift dry ingredients together and add to cooled mixture. Add vanilla and fruit, nutmeats and raisins. Bake in 1 large or 2 small loaves or in muffin tins for individual cakes. Bake 1 hour at 325 degrees.

Mabel Culbert

APPLE CAKE

| | |
|----------------------|-------------------------|
| 4 c. apples, chopped | 1 tsp. baking soda |
| 2 c. sugar | 1 tsp. cinnamon |
| 1 1/2 c. cooking oil | 1/2 tsp. salt |
| 2 eggs | 1/2 c. dates |
| 3 c. flour | 1/2 c. chopped nutmeats |

Note: Use 3 c. apples, if they are too juicy. Cream sugar, eggs, oil. Add 2 1/2 c. flour, cinnamon, soda and salt with 1/2 c. flour to stir with nuts, dates and apples. Bake at 350 degrees for 1 hour. Makes a large cake. Takes a large loaf cake pan.

Laura Colton

43 - Jackson, Mich.

QUICK CHOCOLATE CAKE

| | |
|--------------------------------|-----------------------------|
| 2 $\frac{1}{4}$ c. flour | 1 tsp. salt |
| 1- $\frac{3}{4}$ c. sugar | $\frac{2}{3}$ c. shortening |
| $\frac{2}{3}$ c. cocoa | 1 c. water or sour milk |
| $\frac{1}{3}$ tsp. baking soda | 3 eggs |

Sift sugar, flour, cocoa, soda and salt into a mixing bowl. Add shortening, water or sour milk. Beat all together 2 minutes with electric beater. Add 3 eggs. Beat 2 minutes more. Bake at 325 degrees or 350 degrees. Makes a large cake.

Mrs. John Pardee

HUCKLEBERRY CAKE

| | |
|-----------------------------------|-------------------------------------|
| 1 c. butter | 1 tsp. nutmeg |
| 2 c. sugar | 1 tsp. cinnamon |
| 4 eggs, separate yolks and whites | 2 tsp. baking powder |
| $\frac{1}{2}$ c. milk | 1 pint Huckleberries or blueberries |
| 3 $\frac{1}{2}$ c. flour | |

Cream together the butter and sugar. Separate eggs. Mix yolks with butter and sugar. Add $\frac{1}{2}$ c. milk. Mix in flour, nutmeg, cinnamon, baking powder. Gently fold in beaten egg whites and add berries. Pour into greased pan or pans and bake at 350 degrees - this is a very large cake; can use a cookie sheet with sides. Sprinkle top with powdered sugar. Makes a very good moist cake.

Mrs. John Pardee

44 - Jackson, Mich.

JELLY ROLL

Sift together and set aside:

| | |
|-------------------------|---------------|
| 1 c. flour | 3 eggs |
| 1 tsp. baking powder | 1 c. sugar |
| $\frac{1}{4}$ tsp. salt | 5 tbsp. water |

Beat eggs until light or lemon colored. Add 1 c. sugar beating well, add water and continue to beat. Add dry ingredients to egg, sugar and water mixture. Fold in till well mixed. Add 1 tsp. vanilla. Pour into 11x16 inch pan, which has been lined with heavy waxed paper. Bake 14 minutes at 375 degrees. Remove from oven, turn upside down on a cloth sprinkled with powdered sugar. Remove paper, cut away edges to prevent splitting, when cake is rolled. Spread with jelly or jam and roll carefully and quickly. Wrap in towel.

Lila Smith

SUPER MOCHA CAKE

| | |
|-----------------------------------|--------------------------------|
| $\frac{3}{4}$ c. cocoa | 1 $\frac{1}{2}$ tsp. vanilla |
| 1- $\frac{1}{8}$ c. hot coffee | 3 c. flour |
| $\frac{3}{4}$ c. margarine | $\frac{3}{4}$ tsp. baking soda |
| 2- $\frac{3}{4}$ c. sugar | $\frac{3}{4}$ tsp. salt |
| $\frac{3}{4}$ c. thick sour cream | 5 egg whites |

Filling:

| | |
|------------------------------|---------------------------------|
| $\frac{1}{3}$ c. flour | 2 egg yolks |
| $\frac{1}{4}$ tsp. salt | 1 tsp. vanilla |
| $\frac{1}{2}$ c. sugar | $\frac{1}{3}$ c. whipping cream |
| 1- $\frac{1}{3}$ c. hot milk | |

Mix flour, salt and $\frac{1}{2}$ of the sugar; stir in hot milk. Cook in double boiler until thick, stirring well. Combine egg yolks and rest of sugar, add to first and cook 2 or 3 minutes. Whip cream, add vanilla and fold into cooled custard. Put between layers of cooled cake and frost with frosting. (continued)

45 - Jackson, Mich.

Frosting:

3/4 c. 4-X sugar sifted into 3 squares of melted chocolate, mix. Add pinch of salt, 2½ tbsp. hot coffee and 3/4 c. more of 4-X sugar. Beat in 3 egg yolks, one at a time. Blend in ¼ c. margarine, 1 tbsp. at a time. Then with milk if necessary to spread.

Bake as 2 loaf cakes or in layers. This is super as a loaf cake.

Margaret Luttenton

CHOCOLATE ANGEL FOOD CAKE

Use your favorite recipe for angel food cake, but take out 4 tbsp. flour and replace with 4 tbsp. cocoa. Ice with whipped cream or substitute.

Hazel Harr

CARAMEL ICING

1½ c. brown sugar, packed
¼ c. top milk
2 tbsp. butter
1 tsp. vanilla

Mix in a saucepan the brown sugar, top milk and butter. Boil 3 minutes, stirring constantly. Remove from heat. Add vanilla and cool to lukewarm. Beat until creamy and thick enough to spread. Add a little cream if necessary to make it easier to spread.

Lina Pardee

46 - Jackson, Mich.

FROSTING FOR GERMAN CHOCOLATE CAKE

| | |
|-----------------------|------------------|
| 4 egg yolks | 7 oz. coconut |
| 1 can evaporated milk | 1 tsp. vanilla |
| 1¼ c. sugar | nuts, if desired |
| 2/3 c. butter | |

Cook about 10 minutes - stirring constantly. Let cool before frosting cake. Not recommended for dieters.

Mrs. Gene Easton

SOUR CREAM APPLE PIE

| | |
|-----------------------|-----------------------------|
| 2 tbsp. flour | 1 tsp. vanilla |
| 1/8 tsp. salt | ¼ tsp. nutmeg |
| 3/4 c. sugar | 2 c. diced apples |
| 1 egg, unbeaten | pastry for 9 inch pie shell |
| 1 c. dairy sour cream | |

Spicy Topping: Mix well -

| | |
|-----------------|--------------------------|
| 1/3 c. sugar | 1/3 c. flour |
| 1 tsp. cinnamon | ¼ c. butter or margarine |

Sprinkle over pie.

Sift together the flour, salt and sugar; add egg, cream, vanilla and nutmeg. Beat to a smooth thin batter. Stir in apples. Pour into a pastry lined pie pan. Bake at 400 degrees for 15 minutes, then in moderate oven 350 degrees for 30 minutes. Remove from oven, top with Spicy Topping, sprinkled over pie. Return to hot oven 400 degrees for 10 minutes to brown.

Mrs. Wesley A. Moeckel

47 - Jackson, Mich.

FRESH PEACH PIE

| | |
|---------------------------|---------------------------|
| 3 c. sliced fresh peaches | pinch of salt |
| 1 c. sugar | 2 tbsp. peach or lemon |
| 3 tbsp. cornstarch | gelatin |
| 3 tbsp. white corn syrup | 1-3 oz. pkg. cream cheese |
| 1 c. water | 1 baked 9 inch pie shell |

Cook sugar, cornstarch, syrup and water until clear; cool slightly, then add gelatin. Gently stir in peaches. Spread cheese into cooled pie shell. Pour in peach mixture. Chill 3 or 4 hours, serve with whipped cream. This is very good!

Lila Smith

CARAMEL PIE (Butterscotch)

| | |
|------------------------|------------------------|
| 2/3 c. brown sugar | 1 tbsp. flour, heaping |
| 1 tbsp. butter or oleo | 1½ c. milk |
| 2 tbsp. milk | 1 tsp. vanilla |
| 2 egg yolks | |

Cook brown sugar, butter and milk until waxy looking. Then take 2 egg yolks, flour, 1½ c. milk and mix together. Add to the cooked mixture and cook until thick; add vanilla. Put in baked pie shell and cover with meringue made from egg whites and brown.

Mrs. Harold Harr

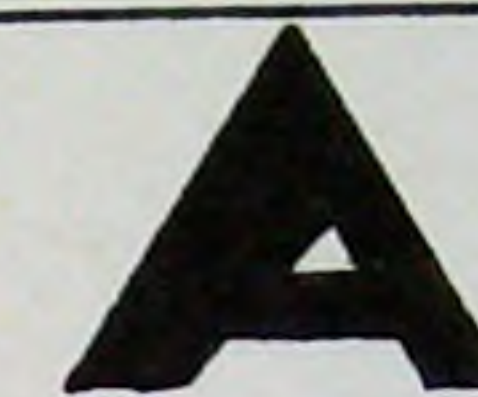
DATE PIE

| | |
|------------------|------------|
| 1 c. dates | |
| 1 c. white sugar | 1 c. water |

Put in unbaked pie shell - cover with crust and bake at 350 degrees.

Esther Weir

48 - Jackson, Mich.



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PECAN PIE

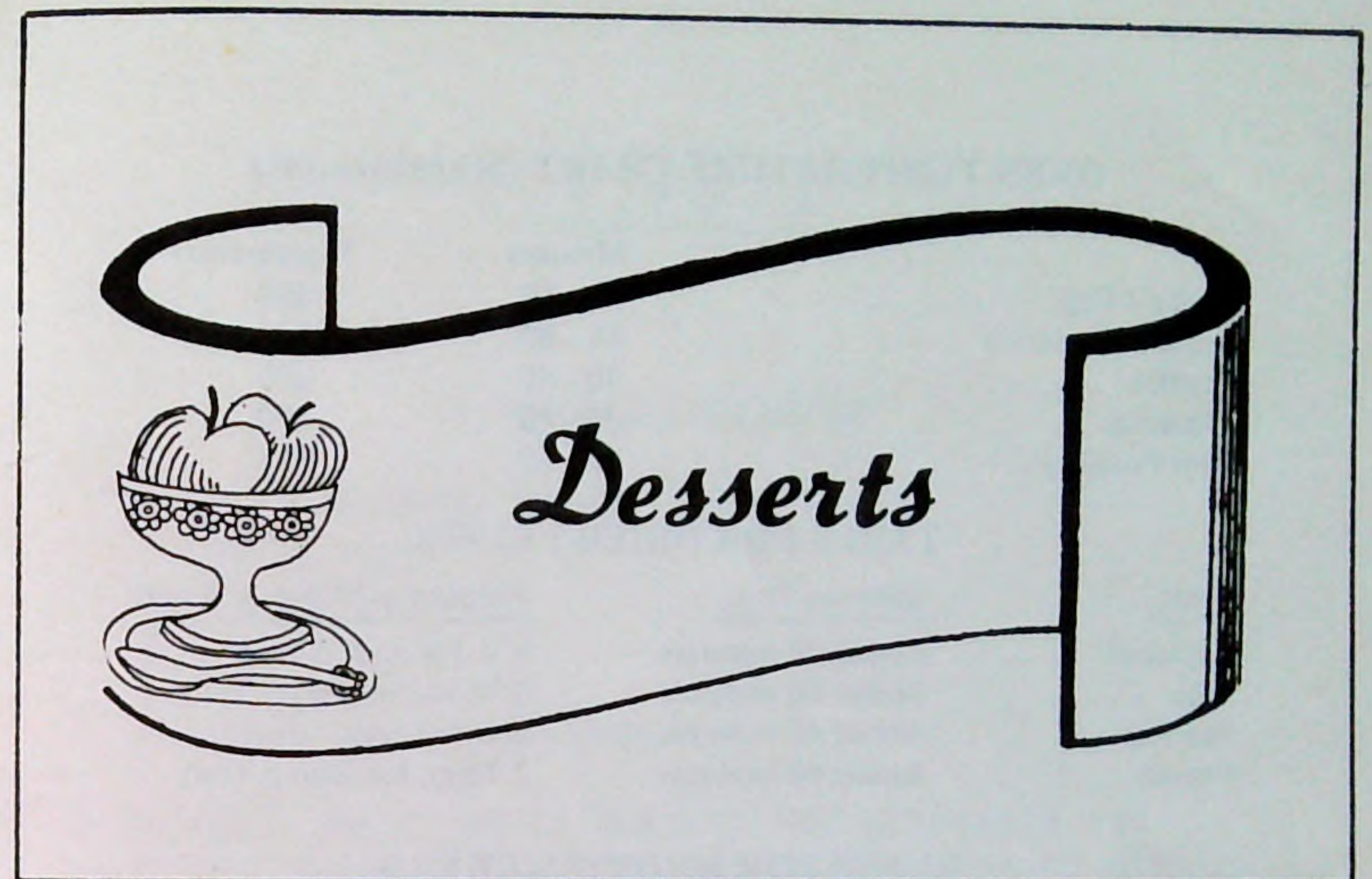
1 c. pecans
1 c. sugar
1 c. dark Karo
3 eggs
 $\frac{1}{4}$ tsp. salt

Put pecans in unbaked pie shell and cover with rest of ingredients mixed together. Bake at 425 degrees for about 10 minutes, then reduce heat to 375 degrees and bake until firm or until a silver knife comes out clean.

Mrs. John Pardee

-- EXTRA RECIPES --

-- EXTRA RECIPES --



OVEN TEMPERATURE CHART (Miscellaneous)

| | Minutes | Temperature |
|-----------------------------|-------------------|-------------|
| Custard Cup | 20 - 30 | 300 |
| Custard Casserole | 45 - 60 | 300 |
| Souffle | 50 - 60 | 325 |
| Timbales | 35 - 45 | 300 |
| Rice Pudding | 50 - 60 | 325 |

TABLE FOR DRIED FRUITS

| Fruit | Cooking Time | Amount of Sugar or Honey |
|--------------------|------------------|---------------------------|
| Apricots | About 40 minutes | ¼ c. for each c. fruit |
| Figs | About 30 minutes | 1 Tbsp. for each c. fruit |
| Peaches | About 45 minutes | ¼ c. for each c. fruit |
| Prunes | About 45 minutes | 2 Tbsp. for each c. fruit |

RULES FOR WHIPPING CREAM

Chill the cream, bowl and beater in a refrigerator for at least 2 hours. Beat until it is fairly stiff.

If cream is beaten until it is warmer than 45 degrees, it will turn to butter.

Should cream start to turn buttery, whip in 2 or 3 more tablespoonfuls of cold milk.

If you wish the cream to keep stiff for a day or two, add one teaspoon gelatine soaked in one tablespoon cold water. Dissolve the gelatine over hot water; allow to cool to the consistency of egg white before adding to the cream and whipping.

Use medium speed when whipping cream with an electric beater.

Cream, when whipped, almost doubles in bulk.

SUBSTITUTES FOR WHIPPING CREAM

1. Use light cream or cereal cream after allowing it to stand undisturbed for 48 hours in the refrigerator. Whip as you would whipping cream.
2. Prepare cream as given above. Soak 1 teaspoon gelatine in 2 tablespoons cold water and dissolve over hot water. Allow to cool; then add to the cream and whip.
3. Use evaporated milk. Milk prepared with gelatine holds up better and longer, but it may be more convenient to chill it on occasion. Chill 12 hours. Use medium speed on the electric beater when whipping.
4. Combine equal parts of dry milk powder with water. Beat with beater at medium speed. Add 1½ teaspoons lemon juice to each cupful of this mixture, if a more stable foam is desired.

DESSERTS

PINEAPPLE CASSEROLE

6 or 8 slices of bread, crumbled
2 beaten eggs
2 c. sugar
½ c. milk
½ c. butter
1-1# can crushed pineapple

Beat eggs, sugar, milk, butter; add pineapple and pour over bread and bake at 325 degrees for 45 minutes.

Lillian Roberts

LEMON DESSERT

Grate the rind of 1 lemon and squeeze the juice.

Take 1 c. sugar, put in dish and add 2 tbsp. of flour. Mix with sugar. Add rind and juice of lemon, stir through sugar and flour. Add 2 tbsp. melted butter. Beat 2 egg yolks and add. Then add 1 c. milk and mix.

Pour in baking dish. Beat the 2 egg whites, fold in easy. Bake at 350 degrees for 20 minutes or till brown.

Lillian Roberts

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51 - Jackson, Mich.

CHERRY TORTE

2 c. flour ½ c. sugar
1 c. margarine 1 c. walnut meats (optional)

Mix:
8 oz. cream cheese
¾ to 1 c. 4-X sugar
2 envelopes Dream Whip (whipped)

Mix flour, margarine, sugar and nutmeats and press mixture into a large rectangular cake pan. Bake 15 minutes at 400 degrees. Cool. Then take out and crumble it, then press back into pan. Mix cream cheese, 4X sugar and whipped Dream Whip together. Spread over the crumbled mixture. Cover with 1 can cherry pie filling. Cool in refrigerator 2 hours before serving.

Mrs. Herbert Walker

CHERRY DELIGHT

1 lb. or 4 c. graham cracker crumbs
2 tbsp. sugar ¾ c. melted butter

Mix above together.

1 large pkg. Philadelphia cream cheese
1½ c. 4-X sugar
2 pkg. Dream Whip (whipped)
1 or 2 cans cherry pie filling
2 tbsp. sugar

Mix graham cracker crumbs, sugar and butter together. Press into a large cake pan or cookie sheet. Mix cream cheese, 4-X sugar and Dream Whip and spread over crumb mixture. Save some crumbs to spread on top of cherry mix if you want to. Spread cherry pie filling over cheese mixture. Chill in refrigerator.

Mabel Culbert

52 - Jackson, Mich.

FLOATING ISLAND DESSERT

1 c. white sugar 1 c. raisins
1 c. flour ½ c. milk
2 tsp. baking powder ½ tsp. salt

Part 2:

1 c. brown sugar 2 c. boiling water
1 tbsp. butter

Mix first 6 ingredients together and spread over the bottom of a greased baking pan 8 or 9 inch square. Mix brown sugar, hot water and 1 tbsp. butter together and pour over first mixture in cake pan. Bake in hot oven for 1 hour.

Mabel Culbert

APPLE ROLL

1 c. sugar 1/3 c. sugar
1 c. water 1 tsp. cinnamon
2 c. apples (chopped)

Biscuit Dough:

1 c. flour 1/3 c. milk
2 tsp. baking powder 1 tsp. salt
2 tbsp. butter

Boil 1 cup sugar and 1 cup water for 5 minutes. Chop apples, add 1/3 c. sugar and 1 tsp. cinnamon.

Make biscuit dough and roll quite thin. Spread with butter, then add apple mixture. Roll in jelly roll fashion and slice ½ inch thick. Place in buttered baking dish quite close together. Pour syrup over slices and bake at 400 degrees for 25 minutes. Serve warm with ice cream or cream.

Mrs. Donald Culbert

53 - Jackson, Mich.

APPLE CRISP

Fill a glass plate with apple slices, then cover with white sugar and sprinkle with cinnamon.

Crumb:

| | |
|-------------------------|------------------------------|
| $\frac{1}{2}$ c. butter | $\frac{1}{2}$ c. brown sugar |
| $\frac{1}{2}$ c. flour | |

Sprinkle this over apples to form a crust. Bake until apples are soft, cut in slices and serve.

Lina Pardee

BEST EVER SHORTCAKE

| | |
|----------------------|--------------------------------|
| 2 c. flour | $\frac{1}{2}$ c. melted butter |
| 4 tbsp. sugar | 1 egg |
| dash of salt | $\frac{2}{3}$ c. milk |
| 3 tsp. baking powder | |

Blend together until flour blends in. Generously grease and flour 8 or 9 inch cake pan. Bake 15 minutes in 450 degree oven. Cut layer in half and place fruit between layers and on top.

Sandra Gifford

DATE DELIGHT

| | |
|----------------------------------|-----------------------|
| $8\frac{1}{2}$ oz. can pineapple | $\frac{1}{2}$ c. nuts |
| 8 oz. cream cheese | 8 oz. pkg. dates |
| 4 tbsp. sugar | 1 pkg. Lucky Whip |

Drain pineapple, reserve $\frac{1}{4}$ c. liquid; add cream cheese, pineapple juice, sugar. Beat until fluffy, then add pineapple, nuts and dates. Mix thoroughly; whip in Lucky Whip. Spoon into a 8x8 inch pan and freeze.

Mareta Weippert

54 - Jackson, Mich.

RAW APPLE CAKE

| | |
|---------------------------------------|-------------------------------|
| 2 c. unpared finely chopped apples | 1 tsp. cinnamon |
| 1 c. sugar | 1 tsp. nutmeg |
| $\frac{1}{2}$ c. salad oil | $\frac{1}{4}$ tsp. salt |
| 1 beaten egg | 1 tsp. baking soda |
| $1\frac{1}{2}$ c. flour | $\frac{1}{2}$ c. chopped nuts |

Add sugar to apples and let stand while mixing other ingredients. Add oil and egg and blend well. Sift dry ingredients and add to oil-egg mixture. Add sugar, apples and nuts. Bake at 350 degrees for 45 minutes.

Serve with Butter Sauce:

Melt $\frac{1}{2}$ c. butter - blend in 1 c. sugar and $\frac{1}{2}$ c. coffee cream. Simmer for 3-4 minutes and serve warm over warm cake.

Pauline Hall

BLUEBERRY DESSERT

| |
|-------------------------------------|
| 1 large box vanilla wafers, crushed |
| $\frac{1}{4}$ lb. butter |
| $1\frac{1}{2}$ c. sugar |
| 2 eggs |
| 1 pint or more blueberries (fresh) |
| 1 can pineapple |
| $\frac{1}{2}$ c. nuts |
| 1 envelope Dream Whip or Cool Whip |

Mix butter, sugar and egg and cream until sugar is dissolved. Put all ingredients in large bowl in layers beginning with crumbs using $\frac{1}{2}$ in a layer. Sprinkle crumbles on top and arrange a few berries.

Mrs. Effie Townley

55 - Jackson, Mich.

EMMA VROMAN'S FRUITFUL CRISP

| | |
|--------------------------------------|-----------------------------------|
| 1 large can fruit cocktail | $\frac{1}{4}$ c. Parkay margarine |
| $1\frac{1}{4}$ c. peach slices | $\frac{3}{4}$ c. shredded coconut |
| $\frac{1}{4}$ tsp. nutmeg | Topping of ice cream |
| $\frac{1}{2}$ c. flour | or Dream Whip or |
| $\frac{1}{4}$ tsp. salt | Whipped Cream Cheese |
| $\frac{1}{2}$ c. brown sugar, packed | |

Combine fruit cocktail, peaches and nutmeg in a 10x6 inch baking dish. Blend flour, sugar and salt. Cut in the margarine until mixture resembles coarse crumbs. Stir in coconut. Sprinkle over fruit. Bake at 450 degrees for 15-20 minutes. Serve warm with topping. Serves 6 to 8.

Mabel Culbert

GRAHAM CRACKER TORTE

| | |
|-----------------------------------|------------------------|
| 22 graham crackers | $\frac{3}{4}$ c. sugar |
| $1\frac{1}{4}$ tsp. baking powder | 1 egg |
| $\frac{1}{2}$ c. chopped nuts | $\frac{3}{4}$ c. milk |
| $\frac{1}{4}$ c. shortening | 1 tsp. vanilla |

Crush crackers and mix with baking powder and nuts. Cream shortening and sugar, add beaten egg, milk and vanilla. Blend well. Put in 8x8 inch pan. Bake at 350 degrees. Serve in squares, topped with whipped topping and a cherry.

Mrs. Howard Hall

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56 - Jackson, Mich.

CHERRY DESSERT

fresh or frozen cherries
1 small box white cake mix
 $\frac{1}{2}$ c. melted butter
 $\frac{1}{3}$ c. broken nutmeats

Arrange double layer of cherries in bottom of 8 or 9 inch square cake pan. Sprinkle cake mix over top then nuts and butter. Bake at 350 degrees for 45 minutes. Serve warm with ice cream or whipped topping.

Pauline Hall

-- EXTRA RECIPES --

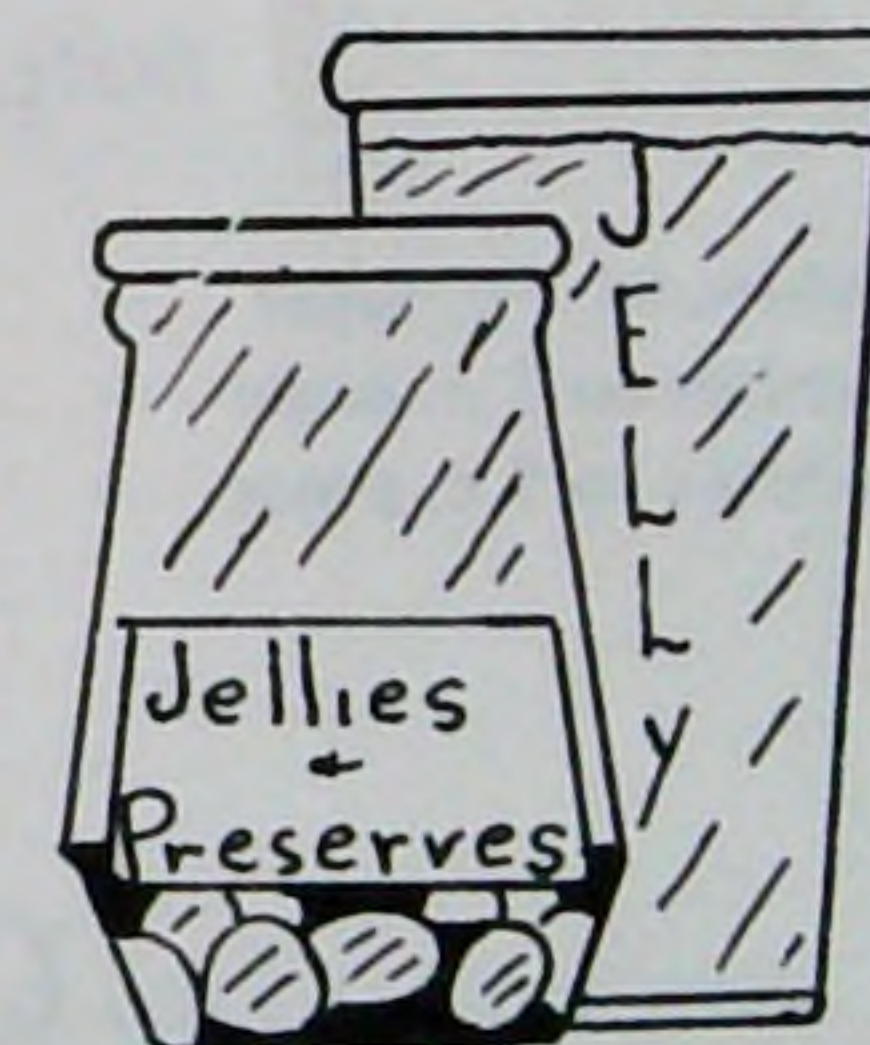
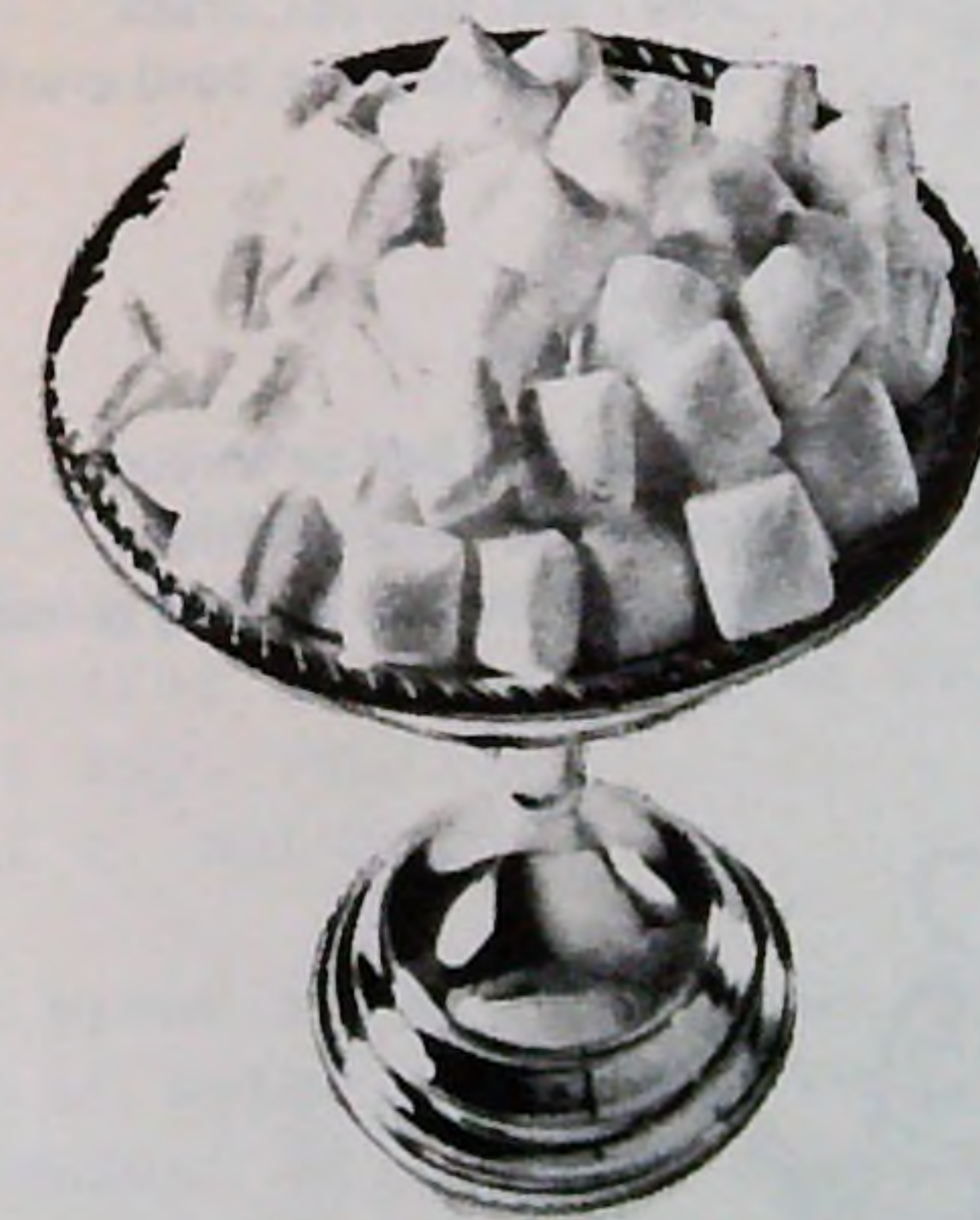
57 - Jackson, Mich.

-- EXTRA RECIPES --

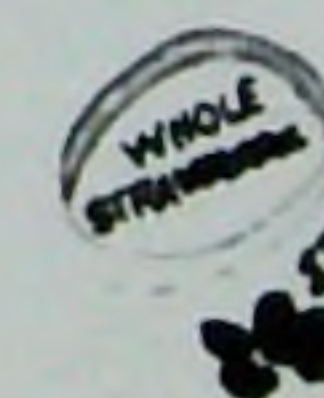


Candy, Jelly

& Preserves



58 - Jackson, Mich.



CANDY THERMOMETER HINTS

To check candy thermometer accuracy, let stand 10 minutes in boiling water. Thermometer should read 212 degrees; if there is any variation, subtract or add to make the same degree of allowance in testing candy.

| | |
|----------------------------|-------------------|
| Thread | 230 - 234 degrees |
| Soft ball | 234 - 238 degrees |
| Medium ball | 238 - 244 degrees |
| Firm ball | 244 - 248 degrees |
| Hard ball | 248 - 254 degrees |
| Very hard ball | 254 - 265 degrees |
| Light crack | 265 - 285 degrees |
| Hard crack | 290 - 300 degrees |
| Carmelized Sugar | 310 - 338 degrees |

TEMPERATURES IN CANDY MAKING

| | |
|--|--------------------------------|
| Fudge, opera creams, peneuche and cream candies | 234 - 236 degrees, soft ball |
| Fondants (mints, etc.) | 238 - 240 degrees, soft ball |
| Marshallows | 238 - 240 degrees, medium ball |
| Caramel mixtures | 246 - 252 degrees, firm ball |
| Taffies | 265 - 270 degrees, hard ball |
| Butterscotch | 290 - 300 degrees, crack |
| Brittles | 300 - 310 degrees, hard crack |

BOILED FROSTINGS

| | |
|------------------------------|---|
| 1 egg white to 1 c. sugar — | 238 - 242 degrees, soft ball or thread |
| 2 egg whites to 1 c. sugar — | 244 - 248 degrees, soft ball or thread |
| 3 egg whites to 1 c. sugar — | 254 - 260 degrees, firm ball or long thread |



CANDY, JELLY & PRESERVES

PEANUT BRITTLE

| | |
|-----------------------|--------------------|
| 2 c. sugar | 2 tbsp. butter |
| 1 c. white Karo syrup | 2 tsp. baking soda |
| 2 c. raw peanuts | 1 tsp. vanilla |

Bring $\frac{1}{2}$ c. water to a boil and add sugar and syrup. Stir until dissolved, and cook to the soft ball stage (240 degrees). Add raw peanuts and cook slowly over a low fire until the hard crack stage (300 degrees), stirring constantly. Remove from heat and add butter, baking soda and vanilla. Stir quickly, soda will fluff up the mixture. Spread on 2 large buttered cookie sheets. Place in cold area. When hard, break into pieces. Be sure to spread candy out thinly, breaking the air bubbles.

Mrs. Gary Casler

PENOCHE FUDGE OR FROSTING

| |
|-------------------------------|
| 2 c. brown sugar |
| $\frac{1}{4}$ c. milk |
| butter or oleo size of walnut |
| 1 tsp. vanilla |
| 1 c. nutmeats |

Cook brown sugar, milk and butter until it forms soft ball in water. Remove from heat and add vanilla and nutmeats. Stir until creamy and spread on buttered dish for fudge.

Mrs. Harold Harr

59 - Jackson, Mich.

CHOCOLATE DROPS

2 lbs. confectioner's sugar 1 c. oleo ($\frac{1}{2}$ lb.)
1 can condensed milk 2 tsp. vanilla
1 c. chopped nuts 2 cans flaked coconut

In large bowl combine all the ingredients. Chill in foil in refrigerator overnight. Break off small portions and roll into ball. Refrigerate again. Melt 3 bars German Sweet Chocolate and $\frac{1}{2}$ bar paraffin in top of double boiler. Dip balls into chocolate and put on waxed paper.

Note: You can put a maraschino cherry in the middle of ball when you roll it, if desired.

Linda Losey

RHUBARB JELLY

2 c. cut up rhubarb
 $\frac{1}{2}$ c. water
1-3 oz. pkg. strawberry Jello
2 c. sugar

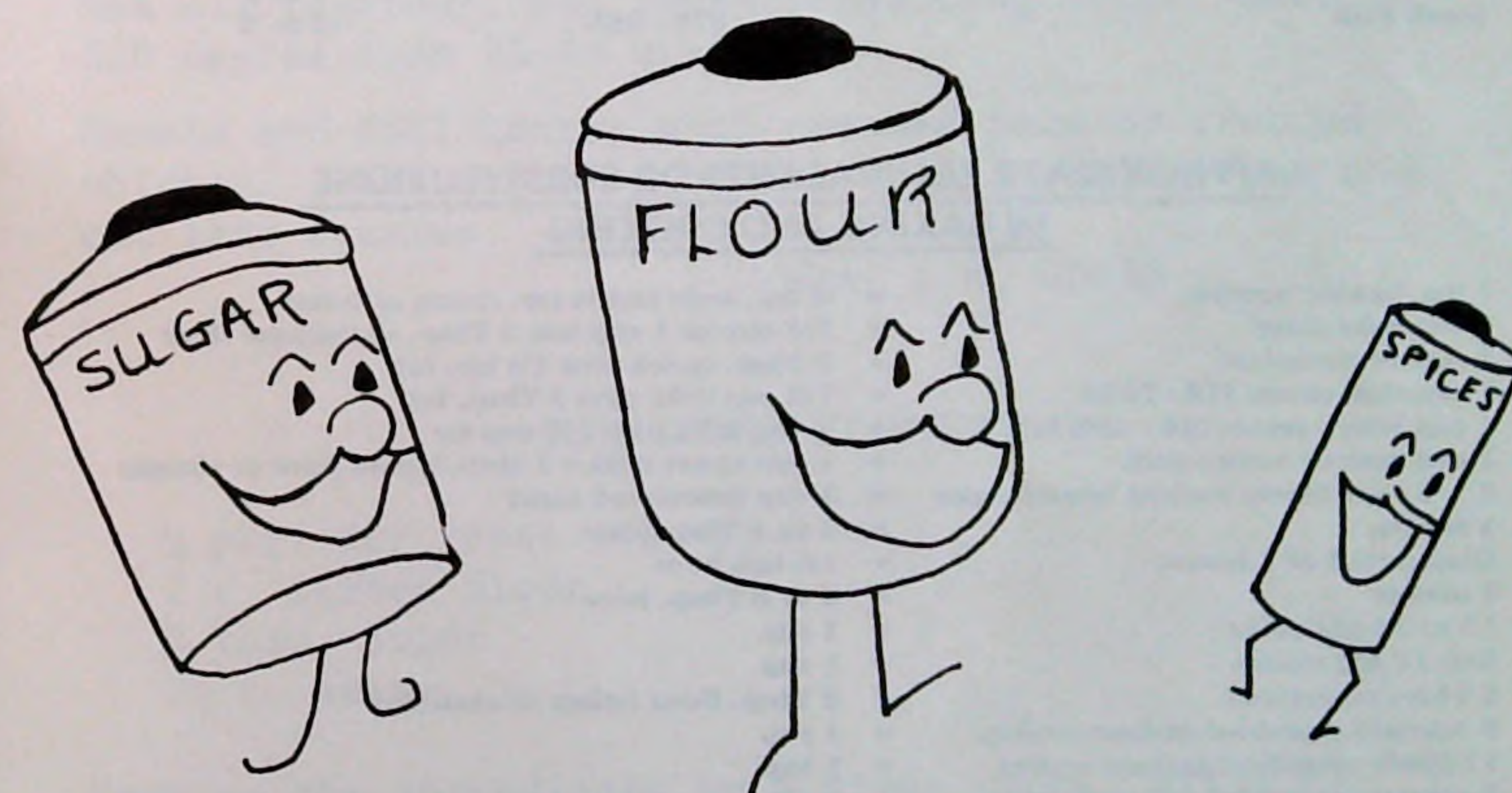
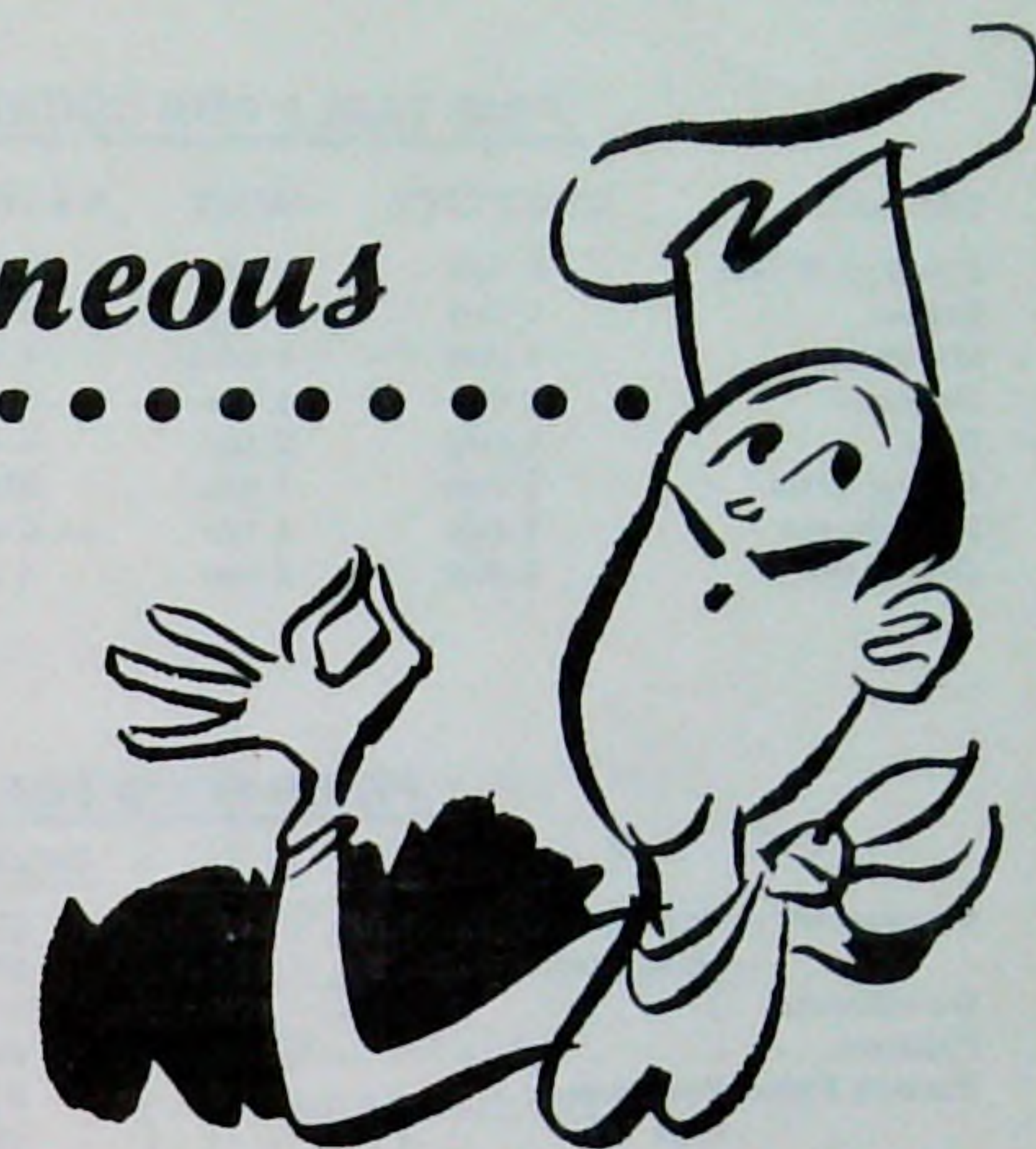
Cook rhubarb in water until tender. Add Jello and sugar; stir until dissolved and pour in jars and seal. This can also be stored in refrigerator or frozen.

Eunice Dancer

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60 - Jackson, Mich.

Miscellaneous



TIME TABLE FOR COOKING CEREALS

| CEREAL | QUANTITY | SALT | WATER | TIME | AMOUNT WHEN COOKED |
|---------------|----------|--------|------------|----------|--------------------|
| Cracked Wheat | 1 cup | 1 tsp. | 3 c. | 2 hrs. | 3 cups |
| Farina | 1 cup | 1 tsp. | 4 c. | 30 mins. | 3 3/4 cups |
| Macaroni | 1 cup | 1 tsp. | 4 c. | 25 mins. | 2 1/4 cups |
| Oatmeal | 1 cup | 1 tsp. | 4 c. | 30 mins. | 3 cups |
| Rice | 1 cup | 1 tsp. | 8 c. | 40 mins. | 4 cups |
| Rolled Oats | 1 cup | 1 tsp. | 2 1/4 c. | 30 mins. | 2 2/3 cups |
| Buckwheat | 1 cup | 1 tsp. | 4 - 6 cups | 40 mins. | 3 cups |
| Cornmeal | 1 cup | 1 tsp. | 4 c. | 30 mins. | 3 cups |

FRIED FOOD TIME TABLE

| | TEMP. of FAT | TIME in MINUTES |
|---------------------------|--------------|-----------------|
| Croquettes of cooked food | 375 - 385 | 2 to 4 |
| uncooked food | 370 | 5 to 6 |
| Doughnuts | 375 | 2 to 3 |
| Fritters | 365 - 375 | 2 to 5 |
| French Fried Potatoes | 370 | 5 to 7 |
| thin | 390 | 1 to 1 1/2 |
| Vegetable rings | 375 - 380 | 2 to 3 |
| Oysters | 375 | 1 to 2 |
| Small Fish | 375 - 385 | 2 to 5 |

APPROXIMATE EQUIVALENTS OR SUBSTITUTIONS IN BAKING AND COOKING

| | |
|---------------------------------------|---|
| 1 tsp. baking powder | = 1/4 tsp. soda and 1/4 tsp. cream of tartar |
| 1 cup cake flour | = 7/8 cup or 1 cup less 2 Tbsp. all purpose flour |
| 1 square chocolate | = 3 Tbsp. cocoa plus 1 1/2 tsp. fat |
| 1 cup thin cream (18 - 20%) | = 7/8 cup milk plus 3 Tbsp. fat |
| 1 cup heavy cream (36 - 40% fat) | = 3/4 cup milk plus 1/3 cup fat |
| 1 cup sour or butter milk | = 1 cup sweet milk + 1 Tbsp. lemon juice or vinegar |
| 1 1/3 cups firmly packed brown sugar | = 1 cup granulated sugar |
| 1 lemon | = 3 to 4 Tbsp. juice |
| Grated rind of 1 lemon | = 1 1/2 tsp. juice |
| 1 orange | = 6 to 8 Tbsp. juice |
| 12 to 14 egg yolks | = 1 cup |
| 8 to 10 egg whites | = 1 cup |
| 1 Tbsp. cornstarch | = 2 Tbsp. flour (when thickening) |
| 9 coarsely crumbled graham wafers | = 1 cup |
| 11 finely crumbled graham wafers | = 1 cup |
| 7 coarsely crumbled salt crackers | = 1 cup |
| 9 finely crushed salt crackers | = 1 cup |
| 1 cup evaporated milk + 1/2 cup water | = 1 cup milk |

CONTENTS OF STANDARD CANS

| | | | |
|----------------------|------------|---------------------|------------|
| Picnic | 1 1/4 cups | No. 2 1/2 | 3 1/2 cups |
| No. 300 | 1 1/4 cups | No. 3 | 4 cups |
| No. 1 Tall | 2 cups | No. 5 | 7 1/3 cups |
| No. 303 | 2 cups | No. 10 | 13 cups |
| No. 2 | 2 1/2 cups | | |

MISCELLANEOUS

NOODLE RING

1 1/2 c. cooked noodles, macaroni or spaghetti
 1 c. diced cheese 2 tbsp. minced parsley
 1 c. soft bread crumbs 3 tbsp. minced pimento
 1 egg, beaten 1 tbsp. minced onion
 1 tsp. salt 3 tbsp. butter
 1/8 tsp. pepper 1 c. scalded milk

Mix all together; put in buttered ring mold. Bake in 350 degree oven 35-40 minutes.

Unmold and fill center with creamed peas or creamed chicken. This may also be baked in a shallow pan and cut into squares.

Mrs. L.H. Gould

SOUR DOUGH STARTER

1/2 pkg. dry yeast (1 1/4 tsp.)
 2 c. sifted flour
 2 tbsp. sugar
 2 1/2 c. water

Combine the ingredients in a stone crock, glass or pottery bowl. Beat well. Cover with cheesecloth and let stand 2 days in a warm place.

This is now ready to be sealed tight till it is used. Store in refrigerator.

Note: To replenish starter you use for recipes, stir in 2 c. warm (not hot) water and 2 c. flour.

Beatrice Spicer
 61 - Jackson, Mich.

SOUR DOUGH OATMEAL COOKIES

| | |
|-----------------------|--------------------|
| 1½ c. brown sugar | 1½ c. sifted flour |
| 1 c. shortening | 1 tsp. cinnamon |
| 2 c. thick sour dough | ½ tsp. cloves |
| starter batter | ½ tsp. allspice |
| 3 c. rolled oats | 1 tsp. baking soda |

Cream sugar and shortening and add sour dough and rolled oats. Sift spices, soda and flour and add to above. Mix all together and chill. Roll out on floured board and cut with cookie cutter. Bake at 375 degrees for 12-15 minutes on a greased cookie sheet.

Beatrice Spicer

SOUR DOUGH BANANA BREAD

| | |
|-------------------------|------------------------------------|
| 1 c. sour dough starter | ½ tsp. baking soda |
| 2 c. sifted flour | 1/3 c. butter |
| 1 c. sugar | 1 egg |
| 1 tsp. salt | 1 c. mashed bananas |
| 1 tsp. baking powder | 3/4 c. nuts, chopped (optional) |

Cream sugar, shortening and egg; add bananas and starter and mix. Add flour, baking powder, salt, etc. and mix well. Pour batter in a greased bread pan and bake at 350 degrees for 1 hour, 5 minutes. Makes 1 loaf.

Beatrice Spicer

62 - Jackson, Mich.

FONDO-FONDON'T

| |
|--|
| ½ lb. H.F. Swiss cheese, shredded |
| ½ lb. H.F. Gruyere cheese, shredded |
| 3 tbsp. flour |
| 1-12 oz. can beer |
| 1 tsp. Hickory Farms sweet hot mustard |
| 2 tsp. lemon juice |
| ¼ tsp. garlic salt |
| French bread cut in 1 inch cubes |

Combine flour with cheeses and garlic salt. Pour beer and lemon juice in fondue pot. Heat at low temperature almost to boiling point. Gradually add cheese by the handful. Stir with wooden spoon after each addition until cheese is melted and smooth. Transfer to preheated table unit. Spear bread on fondue forks (be sure tines penetrate crust) and swirl in fondue mixture in a figure 8 motion.

Hickory Farms

FONDUE FOR SEA FOOD

| | |
|----------------------------------|--|
| 1 garlic clove, peeled and split | |
| 1 lb. Hickory Farms swiss cheese | |
| 3 tbsp. cornstarch | heavy dash of nutmeg |
| 1 tsp. salt | 2 c. dry wine, divided |
| ½ tsp. Worcestershire | 2 lbs. sea food, shrimp, lobster or crab meat (cooked) |
| sauce | |
| ¼ tsp. white pepper | |

Rub garlic clove on the inside of fondue pot. Heat 1-3/4 c. wine and garlic clove until bubbles rise to the top (DO NOT BOIL). Remove garlic. Add cheese, stir constantly until cheese is melted and smooth. Combine cornstarch, Worcestershire sauce, seasonings with rest of wine, stir into cheese fondue. Using wooden spoon stir in a figure 8 motion until mixture is smooth. Transfer to preheated table unit. Spear sea food on fondue forks and dip in fondue mixture.

Hickory Farms

63 - Jackson, Mich.

-- EXTRA RECIPES --

64 - Jackson, Mich.

TEA REFRESHMENTS for 300 people:

12 large sandwich loaves, sliced lengthwise (6 white & 6 brown).

FILLINGS FOR FANCY SANDWICHES -- Ribbon & rolled:

4 doz. eggs -- hard boil, make filling with salad dressing and seasoning.

4 tins Kik or 1 lb. of ham or bologna -- Mix with salad dressing and dills, chopped or sweet relish. This can be used for rolled sandwiches or ribbon type with egg using alternate layers of white and brown bread.

1½ lbs. white cream cheese -- Mix with salad dressing. Spread on bread. Sprinkle with chopped maraschino cherries. Make in rolls. Takes 1 - 12 oz. jar red cherries and 1 - 6 oz. green.

1½ lbs. Velveeta -- Mix with salad dressing. Make in rolls with olive (takes about 4 per slice) or dill slices.

3 tins shrimp -- Mix with salad dressing. Roll.

2 large tins salmon -- Mix with chopped celery, salad dressing and seasoning. Roll centred with dill.

These should be tightly rolled in wax paper and refrigerated till cut. These amounts will make 800 sandwiches allowing 2 - 3 per person.

DAINTIES for 300 people:

3 per person usually allowed. 25 persons supplying 3 dozen each should be sufficient if a group project.

Also required: 2 lbs. tea
3 lbs. sugar cubes
3 qts. creamilk
½ gallon sweet pickles
½ gallon dills

SUPPER QUANTITY COOKING

BAKED BEANS FOR 100:

8 qts. dry beans
20 qts. salad
4 lbs. butter
4 qts. cream

4 lbs. salt pork
20 doz. rolls
20 pies
2 lbs. coffee

HASH SUPPER FOR 100:

40 lbs. corned beef
32 qts. potatoes
20 doz. rolls
20 qts. chopped cabbage

5 qts. salad dressing
4 lbs. butter
2 lbs. coffee
4 qts. cream

CABBAGE SALAD FOR 175:

20 lbs. cabbage
1½ qts. salad dressing

4 large cans crushed
pineapple
2 bunches carrots

HAM SUPPER FOR 225:

48 lbs. canned ham
24 potato salads (solicited)
48 pkgs. peas (1 lb.)
5 lbs. coffee
9 qts. cream

45 qts. strawberries
6 pkgs. Bisquick (mixed
re directions for
shortcake)
6 qts. heavy cream

BRAISED BEEF FOR 200:

65 lbs. stew beef
60 lbs. potatoes
36 pies

Harvard beets
40 lbs. turnips
2 lbs. cheese

TURKEY DINNER FOR 250:

7 turkeys
75 lbs. butternut squash
20 large cranberry rings

75 lbs. potatoes
10 bunches celery
44 pies

CHICKEN SHORTCAKE FOR 135:

60 lbs. chicken
30 pkgs. frozen peas
12 cans cranberry sauce

3 large pkg. Bisquick
17 pkgs. Flakon corn mix
2 bunches celery

FIRST AID FOR POISONING

KEEP CALM! • ACT PROMPTLY!

CALL YOUR DOCTOR IMMEDIATELY

OFFICE PHONE _____

HOME PHONE _____

Tell him what happened and the name of the product involved

IF YOUR DOCTOR IS NOT AVAILABLE CALL:

POISON INFORMATION CENTER _____

or take the patient to the nearest doctor's office or hospital emergency room.

EMERGENCY TRANSPORTATION _____

PHONE NUMBER OF POLICE OR RESCUE SQUAD _____

Bring along the container involved.

IF YOU CAN'T GET INSTRUCTIONS FROM A DOCTOR QUICKLY MAKE PATIENT VOMIT:

1. Keep his mouth open with spoon handle.
2. Place him face down with head lower than his hips (spanking position).
3. Tickle back of his throat with your finger.
4. If he doesn't vomit, have him drink 2 glasses of water.
Repeat steps 1 to 3 or give 2 to 3 teaspoonfuls of SYRUP of Ipecac.

DO NOT CAUSE VOMITING IF PATIENT

1. Is unconscious or in a coma.
2. Is having fits (convulsions).
3. Swallowed a "corrosive substance" that burns the mouth or throat (toilet bowl cleaners, lye, ammonia, bleach).
4. Swallowed a petroleum product (kerosene, lighter fluid, paint thinner, furniture polish).

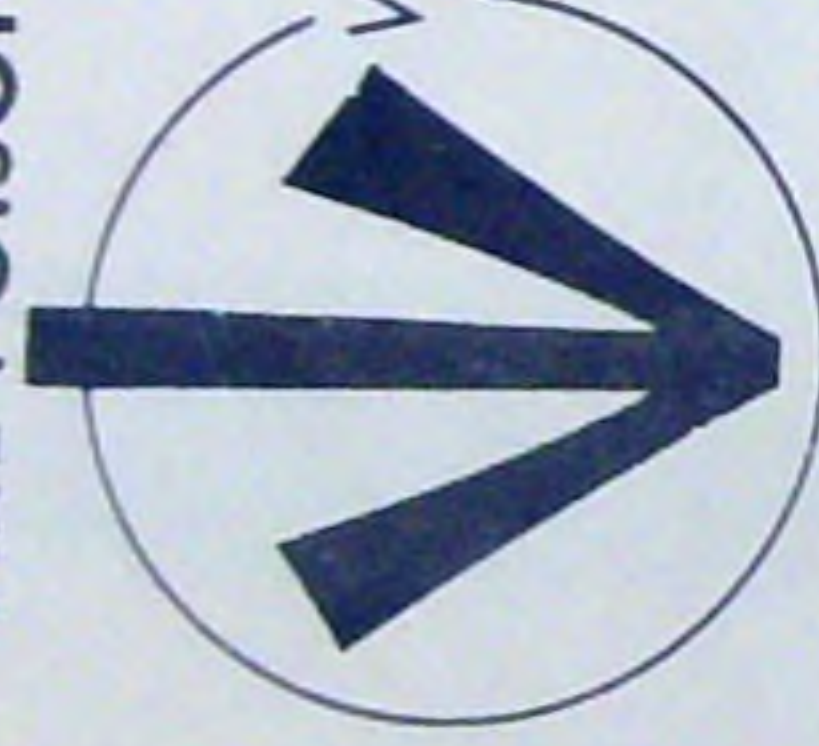
REMEMBER THE BEST TREATMENT OF ANY POISONING IS PREVENTION

THESE SUBSTANCES ARE POISON...



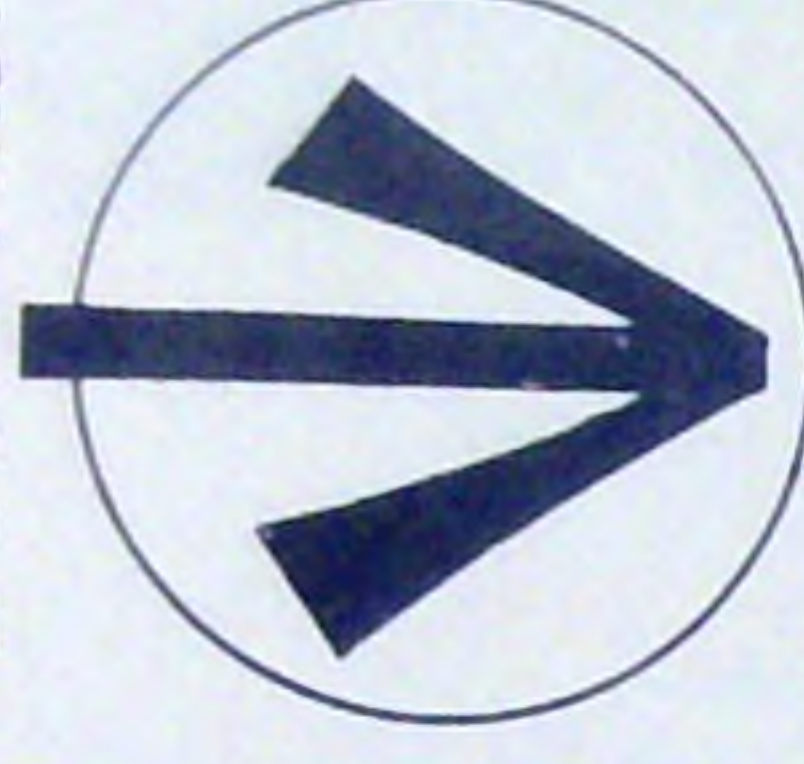
Lye
Oven Cleaner
Liquid Floor Polish
Floor Wax
Furniture Polish
Turpentine
Gasoline
Lighter Fluid
Fuel Oil
Solvent
Insect Spray
Weed Killer
Rat & Mouse Killer
Dishwasher Detergent
Spot Remover
Antifreeze

THESE MEDICINES ARE POISON...



Aspirin
Sleeping Pills
Tranquillizers
Cough Medicines
Iron Pills
Oil of Wintergreen
Heart Pills

SAFETY FIRST



1. Keep your medicines safely out of your children's reach.
2. Read the label carefully before taking or giving medicine.
3. Empty unlabeled containers into the toilet and flush contents away.
4. Discard the surplus from your prescription bottle when it is no longer needed.
5. Never give your child medicine which has been prescribed for someone else.
6. Never take medicines or tablets in front of your child.
7. Never call your child's medicine candy.

EACH OF THESE SUBSTANCES
COULD KILL YOUR CHILD
BE SURE THEY ARE ALWAYS
IN A SAFE PLACE WHERE

ALL OF THESE MEDICINES ARE VALU-
ABLE WHEN USED CORRECTLY AND IN
THE RIGHT DOSES. BUT, REMEMBER
THAT ALL MEDICINES AND TABLETS ARE



ANTIDOTE CHART

Emergency COUNTERDOSES For The Home

PHONE NUMBERS

DOCTOR _____
PHARMACIST _____
HOSPITAL _____
AMBULANCE _____
POISON CONTROL CENTRE _____

DO THIS FIRST

- Contact a doctor at once.
- Keep the patient warm.
- Determine if patient has taken
 - (1) A POISON: something not meant to be taken internally ... or
 - (2) AN OVERDOSE: a food or drug taken in excessive quantity.
- While waiting for physician, give appropriate counterdose below.

- But do not force any liquids on the patient — if he is unconscious
- If a doctor is not immediately available, rush patient to nearest hospital — emergency department.

To Find the Correct Counterdose

- In one of the lists printed at left, find substance causing the trouble.
- Next to that substance is a number. This refers to counterdose bearing same numbers in the section below.

KEEP ALL POISONS AND MEDICINES OUT OF REACH OF CHILDREN

| POISONS | | COUNTERDOSES | |
|---------|---|--------------|--|
| 1 | Induce vomiting with an emetic such as: • Tablespoon salt in glass of warm water, or • 2 teaspoons powdered mustard in glass of warm water, or • Soap and warm water, or • Finger in throat. | 2 | Give following mixture in 1/2 glass of warm water: 2 Tablespoons activated charcoal or powdered burnt toast, or 1 Tablespoon milk of magnesia (or 8 tablets crushed) or stomach powder. 1 Tablespoon tannic acid or strong tea. Induce vomiting (See No. 1). |
| | Give glass of milk immediately. Give starch paste—made by mixing 3 Tablespoons cornstarch with 1/4 cup water. Then induce vomiting by giving 5 Tablespoons of salt in a quart of warm water. Drink until vomit fluid is clear. Finally give another glass of milk. | | Give mixtures as in No. 2. Induce vomiting (See No. 1). Do this immediately if No. 2 mixture not available. Give 2 Tablespoons Epsom salts in 2 glasses of water. Then give large quantities of warm black coffee or strong tea. |
| 4 | Acids—18 Antifreeze—9 Bichloride of Mercury—12 Camphor—1 Carbon Monoxide—16 Chlorine Bleach—8 | 5 | Give 1/4 cup hydrogen peroxide 3%. 1 Tablespoon baking soda in quart of warm water. Then give 1/2 cup mineral oil. Positively do NOT give animal or vegetable oil (salad oil, cooking oil, etc.). Induce vomiting (See No. 1). |
| | | 6 | Give whites of 2 eggs in a glass of milk. Give hot tea or coffee. Check with doctor regarding treatment. |

Weed Killer
Rat & Mouse Killer
Dishwasher Detergent
Spot Remover
Antifreeze

EACH OF THESE SUBSTANCES
COULD KILL YOUR CHILD
BE SURE THEY ARE ALWAYS
IN A SAFE PLACE WHERE

ALL OF THESE MEDICINES ARE VALU-
ABLE WHEN USED CORRECTLY AND IN
THE RIGHT DOSES. BUT, REMEMBER
THAT ALL MEDICINES AND TABLETS ARE

6. Never take medicines or tablets in front
of your child.

7. Never call your child's medicine candy.



ANTIDOTE CHART

Emergency COUNTERDOSES For The Home

PHONE NUMBERS

DOCTOR

PHARMACIST

HOSPITAL

AMBULANCE

POISON CONTROL CENTRE.....

DO THIS FIRST

- Contact a doctor at once.
- Keep the patient warm.
- Determine if patient has taken
 - (1) A POISON: something not meant to be taken internally ... or
 - (2) AN OVERDOSE: a food or drug taken in excessive quantity.
- While waiting for physician, give appropriate counterdose below.

To Find the Correct Counterdose

- In one of the lists printed at left, find substance causing the trouble.
- Next to that substance is a number. This refers to counterdose bearing same numbers in the section below.

KEEP ALL POISONS AND MEDICINES OUT OF REACH OF CHILDREN

| 1 | 2 | 3 |
|--|---|--|
| <ul style="list-style-type: none">• Induce vomiting with an emetic such as:<ul style="list-style-type: none">• 1 Tablespoon salt in glass of warm water, or• 2 teaspoons powdered mustard in glass of warm water, or• Soap and warm water, or• Finger in throat.• Give glass of milk immediately.• Give starch paste—made by mixing 3 Tablespoons cornstarch with 1/4 cup water.• Then induce vomiting by giving 5 Tablespoons of salt in a quart of warm water. Drink until vomit fluid is clear.• Finally give another glass of milk. | <ul style="list-style-type: none">• Give following mixture in 1/2 glass of warm water:<ul style="list-style-type: none">• 2 Tablespoons activated charcoal or powdered burnt toast-see• 1 Tablespoon milk of magnesia (or 8 tablets crushed) or stomach powder.• 1 Tablespoon tannic acid or strong tea.• Induce vomiting (See No. 1). | <ul style="list-style-type: none">• Give mixtures as in No. 2.• Induce vomiting (See No. 1).• Do this immediately if No. 2 mixture not available.• Give 2 Tablespoons Epsom salts in 2 glasses of water.• Then give large quantities of warm black coffee or strong tea. |
| 4 | 5 | 6 |
| <ul style="list-style-type: none">• Give glass of milk immediately.• Give starch paste—made by mixing 3 Tablespoons cornstarch with 1/4 cup water.• Then induce vomiting by giving 5 Tablespoons of salt in a quart of warm water. Drink until vomit fluid is clear.• Finally give another glass of milk. | <ul style="list-style-type: none">• Give 1/4 cup hydrogen peroxide 3%.• 1 Tablespoon baking soda in quart of warm water.• Then give 1/2 cup mineral oil.• Positively do NOT give animal or vegetable oil (salad oil, cooking oil, etc.).• Induce vomiting (See No. 1). | <ul style="list-style-type: none">• Give whites of 2 eggs in a glass of milk.• Give hot tea or coffee.• Check with doctor regarding treatment |
| 7 | 8 | 9 |
| <ul style="list-style-type: none">• Give 2 teaspoons of baking soda in a glass of warm water.• Then induce vomiting (See No. 1).• Then 2 teaspoons baking soda in a glass of warm water again. | <ul style="list-style-type: none">• Give whites of 2 eggs in a glass of milk.• Follow with more milk. | <ul style="list-style-type: none">• Give mixture as in No. 2.• Induce vomiting (See No. 1).• Do this immediately if No. 2 mixture not available.• Give Tablespoon of baking soda in quart of warm water• Give warm strong tea or coffee. |
| 10 | 11 | 12 |
| <ul style="list-style-type: none">• Do NOT induce vomiting!• Give 2 Tablespoons vinegar in 2 glasses of water.• Then give whites of 2 eggs or 1/4 cup of olive oil or cooking oil or salad oil. | <ul style="list-style-type: none">• Induce vomiting. (See No. 1)• Give 2 Tablespoons Epsom salts in 2 glasses of water.• Then give large quantities of warm strong tea or coffee. | <ul style="list-style-type: none">• For each tablet swallowed give whites of 2 eggs in glass of milk.• Give mixture as in No. 2.• Give 2 Tablespoons Epsom salts in a pint (2 1/2 cups) of water. |
| 13 | 14 | 15 |
| <ul style="list-style-type: none">• Give mixture as in No. 2.• Keep patient awake. | <ul style="list-style-type: none">• Give 2 Tablespoons of milk of magnesia.• Give glass of milk.• Induce vomiting (See No. 1)• Then give large quantities of milk. | <ul style="list-style-type: none">• Give mixture as in No. 2.• Induce vomiting. (See No. 1)• Give artificial respiration if necessary. |
| 16 | 17 | 18 |
| <ul style="list-style-type: none">• Rush victim into fresh air.• Keep patient warm and lying down.• Warm strong tea or coffee.• Give artificial respiration if necessary. | <ul style="list-style-type: none">• Give 1/2 cup mineral oil. | <ul style="list-style-type: none">• Do NOT induce vomiting!• Give 2 Tablespoons milk of magnesia liquid or crushed tablets in a large quantity of warm milk. |

*This "Universal Antidote" may be obtained from your pharmacist

**According to some authorities Powdered Burnt Toast is not an effective substitute for Activated Charcoal.

PROTECT YOUR FAMILY

Keep all poisons and medicines out of reach of children.

1. Give infants and young children drugs only as directed by your physician
2. Be sure all poisons are clearly marked and out of reach
3. Do not take or give medicine in the dark.
4. Do not take medicine from an unlabelled bottle
5. Do not throw away drugs or hazardous materials carelessly.
6. Do not store poisonous or inflammable substances (kerosene, gasoline, rat poison, etc.) in food or beverage containers.
7. Use cleaning fluids with adequate ventilation only.
8. Protect skin and eyes when using insect poisons, weed killers, solvent and cleaning agents
9. Destroy old prescription contents and containers
10. Do not take drugs prescribed for another person.

This chart is sponsored by The Canadian Pharmaceutical Association and is distributed by your pharmacist in the interest of public welfare.

POISONS

Acids—18
Antifreeze—9
Bichloride of Mercury—12
Camphor—1
Carbon Monoxide—16
Chlorine Bleach—8
Cleaning Fluids—17
Disinfectant with chlorine—8
with carbolic acid—6
Food Poisoning—11
Gasoline, Kerosene—17
Insect & Rat Poisons with arsenic—2
with sodium fluoride—14
with phosphorus—5
with DDT—11
with strychnine—15
Iodine Tincture—4
Lye—10
Mushrooms—11
Oil of Wintergreen—9
Point (Lead)—11
Powder From Broken Fluorescent Tubes—1
Rubbing Alcohol—9
Turpentine—17
Washing Soda—10

OVERDOSES

Alcohol—9
Barbiturates—3
Belladonna—15
Bromides—11
Codeine—13
Headache & Cold Compounds—9
Salicylates, etc.—9
Iron (Ferrous Sulphate)—7
Morphine, Opium—13
Paregoric—13
'Pep' Medicines—2
Sleeping Medicines—3

POINTS TO BE REMEMBERED IN ARTIFICIAL RESPIRATION

5. Apply pressure compatible with the build of the patient.
6. If someone else is taking over when you get tired, don't allow any break in the rhythm of the artificial respiration.
7. Don't stop artificial respiration until breathing has been restored or a medical practitioner pronounces the patient dead.
8. Have someone remove wet clothes and loosen tight clothing, especially around the neck, chest and waist. Keep the patient warm with blankets, clothes and hot water bottles and massage the limbs toward the heart.

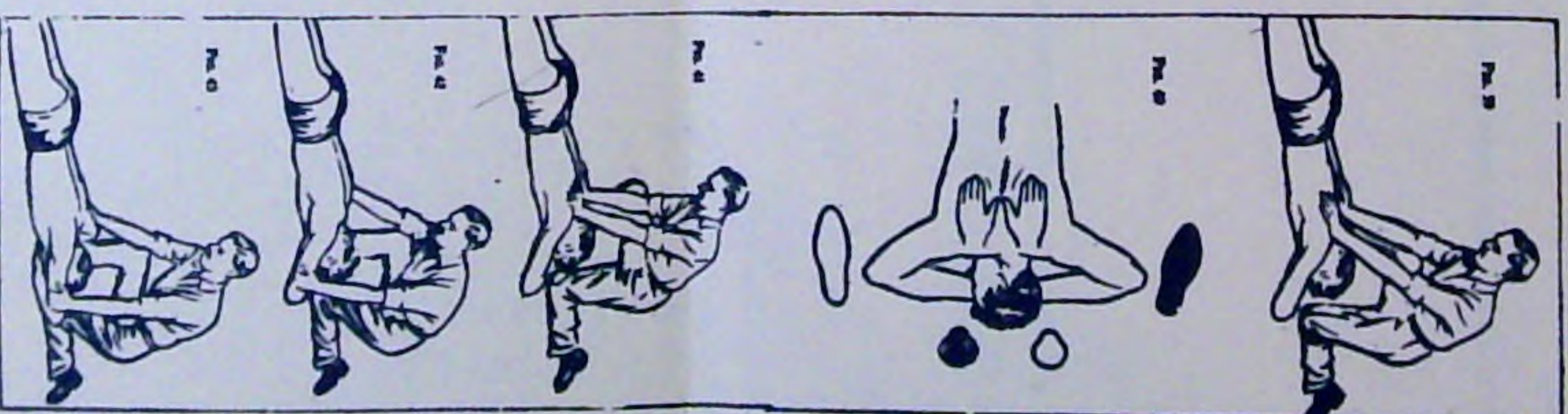
"The HOLGER-NIELSEN Method"

POSITIONS OF CASUALTY AND OPERATOR:

- Place the casualty in the prone position.
- Place the casualty's hands, one over the other, under his forehead. The head must be turned slightly to one side. The nose and mouth must be unobstructed. The operator will place one knee with the inner side in line with the casualty's cheek, six to twelve inches from the top of his head.
- Place the other foot with the heel in line with the casualty's elbow.
- Place the hands on the casualty's back with the heel of the hands on the lower part of the shoulder-blades, the thumbs alongside the spine, and the fingers pointing to the casualty's feet (Figs. 39 and 40). Or, the fingers may be spread downward and outward, with the tips of the thumbs just touching.
- Movement (1) —** Keeping the arms straight, rock gently forward until the arms are vertical or almost vertical, depending on the build of the casualty, or that of the operator, using no special force, counting "one, two, three, four."
- 41).



- Movement (2)**—The operator now rocks back, counting "three," and slides his hands past the casualty's shoulders until they can grip his upper arms near the elbow (Fig. 42). He raises and pulls on the arms until tension is felt, counting "four, five." He should take care not to raise the chest from the ground. This movement causes inspiration. The operator's arms should remain straight for the whole period (Fig. 43).



-

ing approximately five to
s a minute.

5 YEARS the pressure on

5 YEARS the pressure on the shoulder should be reduced and applied to the shoulder for **5 YEARS OF AGE** the support placed under the thumb on the shoulder should lift the shoulder for **75** The error should be 75

Cleaning Fluids—17
 Disinfectant
 with chlorine—8
 with carbolic acid—6
 Food Poisoning—11
 Gasoline, Kerosene—17
 Insect & Rat Poisons
 with arsenic—2
 with sodium fluoride—14
 with phosphorus—5
 with DDT—11
 with strychnine—15
 Iodine Tincture—4
 Lye—10
 Mushrooms—11
 Oil of Wintergreen—9
 Paint (Lead)—11
 Powder From Broken
 Fluorescent Tubes—1
 Rubbing Alcohol—9
 Turpentine—17
 Washing Soda—10

OVERDOSES

Alcohol—9
 Barbiturates—3
 Belladonna—15
 Bromides—11
 Codeine—13
 Headache & Cold Compounds—9
 Salicylates, etc.—9
 Iron (Ferrous Sulphate)—7
 Morphine, Opium—13
 Paregoric—13
 'Pep' Medicines—2
 Sleeping Medicines—3

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| | | | | | |
|-----------|---|-----------|---|-----------|--|
| 7 | • Give 2 teaspoons of baking soda in a glass of warm water. • Then induce vomiting (See No. 1). • Then 2 teaspoons baking soda in a glass of warm water again. | 8 | • Give whites of 2 eggs in a glass of milk. • Follow with more milk. | 9 | • Give mixture as in No. 2. • Induce vomiting (See No. 1). Do this immediately if No. 2 mixture not available. • Give Tablespoon of baking soda in quart of warm water. • Give warm strong tea or coffee. |
| 10 | • Do NOT induce vomiting! • Give 2 Tablespoons vinegar in 2 glasses of water. • Then give whites of 2 eggs or 1/4 cup of olive oil or cooking oil or salad oil. | 11 | • Induce vomiting. (See No. 1) • Give 2 Tablespoons Epsom salts in 2 glasses of water. • Then give large quantities of warm strong tea or coffee. | 12 | • For each tablet swallowed give whites of 2 eggs in glass of milk. • Give mixture as in No. 2. • Give 2 Tablespoons Epsom salts in a pint (2 1/2 cups) of water. |
| 13 | • Give mixture as in No. 2. • Keep patient awake. | 14 | • Give 2 Tablespoons of milk of magnesia. • Give glass of milk. • Induce vomiting (See No. 1) • Then give large quantities of milk. | 15 | • Give mixture as in No. 2. • Induce vomiting. (See No. 1) • Give artificial respiration if necessary. |
| 16 | • Rush victim into fresh air. • Keep patient warm and lying down. • Warm strong tea or coffee. • Give artificial respiration if necessary. | 17 | • Give 1/2 cup mineral oil. | 18 | • Do NOT induce vomiting! • Give 2 Tablespoons milk of magnesia liquid or crushed tablets in a large quantity of warm milk. |

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- Do not store poisonous or inflammable substances (kerosene, gasoline, rat poison, etc.) in food or beverage containers.
- Use cleaning fluids with adequate ventilation only.
- Protect skin and eyes when using insect poisons, weed killers, solvent and cleaning agents
- Do not take drugs prescribed for another person. Destroy old prescription contents and containers

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